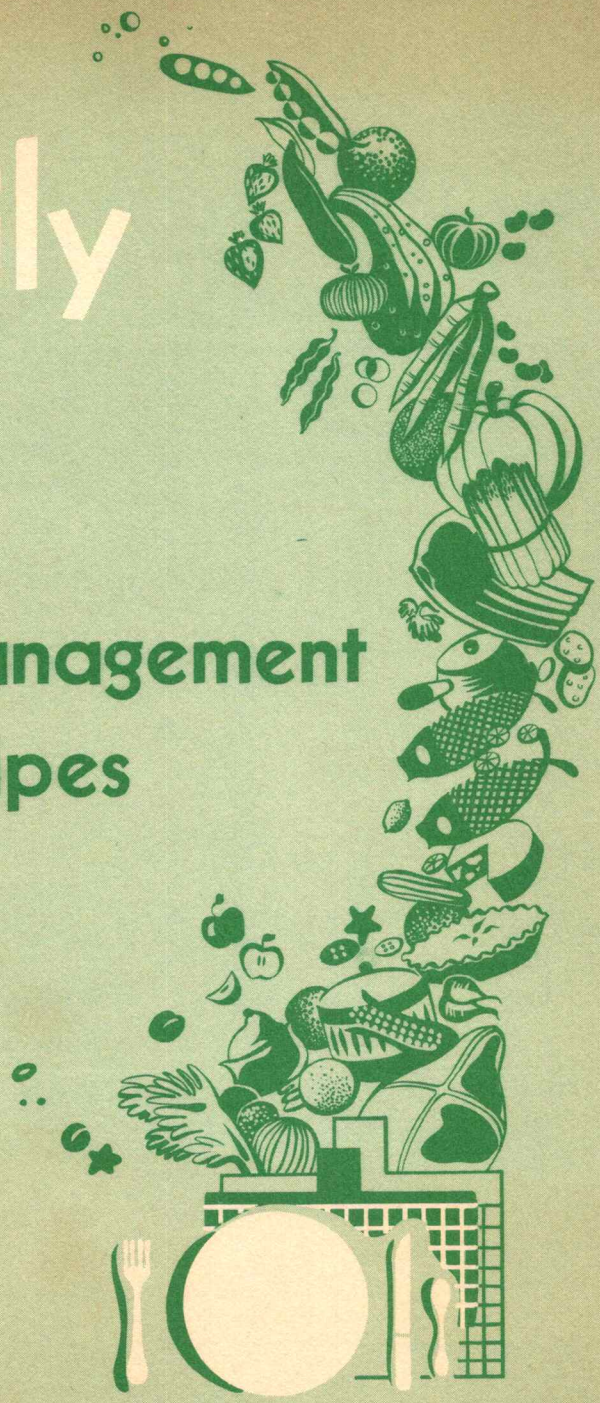
Family fare

food management and recipes



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U. S. DEPARTMENT OF AGRICULTURE

FROM YOUR CONGRESSMAN
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You . . .

and your family's food

Are you one of this country's 33,000,000 homemakers—and trying to do a blue-ribbon job of feeding a family well?

If so, you know that your task is vital to family health and important to happiness, and it isn't easy. You have a 4-point food program:

To serve enjoyable meals.

To keep your family well nourished.

To practice thrift when need be.

To save time and energy where you can.

This booklet offers suggestions and other helps that take these combined problems into account.

The nutrition section aims to bring the homemaker up-to-date quickly and to show the importance of food for health.

The food planning section shows an orderly way to provide meals that contain the vitamins and other nutrients in the quantities which different individuals need.

The cooking principles are modern—designed to conserve the nourishment as well as the appetite appeal in the food. The recipes offer a selection of stand-bys and special dishes. Timesaving short cuts are given, and suggestions for fitting many of the recipes into a lunch, dinner, or supper.

In the sections on food buying, storing, measuring, there are pointers on thrift.

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Nutrition

up-to-date

. . . up to you

Nutrition is the science that deals with food at work—food on the job for you.

Modern knowledge of food at work brings a new kind of mastery over life. When you—and your family—eat the right food, it does far more than just keep you alive and going.

The right food helps you to be at your best in health and vitality. It can even help you to stay young longer, postponing old age. An individual well fed from babyhood has a more likely chance to enjoy a long prime of life. But at any age, you are better off when you are better fed.

Food's three big jobs

1. Food provides materials for the body's building and repair. Protein and minerals (and water) are what tissue and bone are chiefly made of. Children must have these food materials to grow on; and all life long the body continues to require supplies for upkeep.

2. Food provides regulators that enable the body to use other materials and to run smoothly. Vitamins do important work in this line, and minerals and protein too.

3. Food provides fuel for the body's energy and warmth. There is some fuel in every food.

Body's needs, A to Z

From vitamin A to the mineral zinc, a list of nutrients—chemical substances that the body is known to require from food—would total more than 40. And there may be some not yet detected.

You can put nutrition knowledge to use without being introduced to all of the body's A to Z needs. When daily meals provide sufficiently for the following key nutrients, you can be reasonably sure of getting the rest.

Protein

Protein was named from a Greek word meaning "first." Nearly a hundred years ago, it was recognized as the main substance in all of the body's muscles and organs, skin, hair, and other tissues. No simple substance could build and renew such different tissues, and protein has proved to be complex and varied.

Protein in different foods is made up of varying combinations of 22 simpler materials called amino acids. If need be, the body can make its own supply of more than half of these amino acids. But the remaining amino acids must come ready-made from food. And to get the best use from these special ones, the body needs them all together, either in one food or in some combination of foods.

The best quality proteins have all of these especially important amino acids, and worth-while amounts of each.

You get top-rating proteins in foods from animal sources, as in meat, poultry, fish, eggs, milk, cheese. Some of these protein foods are needed each day; and it is an advantage to include some in each meal.

Next best for proteins are soybeans and nuts and dry beans and peas. When these are featured in main dishes, try to combine them with a little top-rating protein food, if you can.

The rest of the protein required will then come from cereals, bread, vegetables, and fruits. Many American-style dishes, such as meat and vegetable stew, egg sandwiches, macaroni and cheese, cereal and milk, are highly nourishing combinations. For in the body's remarkable chemistry, the high-grade proteins team with the less complete proteins in many companion foods and make the latter more useful than if eaten alone.

Calcium

Calcium is one of the chief mineral materials in bones and teeth. About 99 percent of all the calcium in the body is used for framework. Small but important, the other 1 percent remains in body fluids, such as the blood. Without this calcium, muscles can't contract and relax and nerves can't carry their messages.

For calcium to be used properly, other substances are needed too in right quantities, vitamin D and phosphorus, for example.

Many people go through life with bones that are calcium-poor. If a child gets too little calcium in his food or if his bones fail to deposit the calcium properly, then the bones will be smaller than they should be, or malformed as when legs are bent in rickets. Older people who are calcium-poor may have brittle bones that break easily and mend slowly. Whether you are young or old, it's a good thing for diet to be calcium-rich.

The outstanding food for calcium is milk. You can hardly get enough calcium without using a good deal of milk in some form. Next-best foods for calcium are some of the leafy green vegetables—notably turnip tops, mustard greens, and kale.

Iron

One of the essential materials for red blood cells is iron. Without its iron supply, the blood could not carry oxygen from the lungs to each body cell.

When meals are varied, you get some iron from many different foods. Liver is outstanding for iron. And one good reason for eating leafy green vegetables is their iron content.

Some of the other foods that add iron are egg yolks, meat in general, peas and beans of all kinds, dried fruits, molasses, bread and other cereal foods made from the whole grain or enriched.

Iodine

Your body must have small but steady amounts of iodine to help the thyroid gland to work properly. The most familiar bad effect of getting too little iodine is a swelling of the gland, called goiter.

Along the sea coast, and in some other parts of the United States, iodine is contained in the drinking water and vegetables and fruits grown in local soil. But too little iodine in water and soil is the cause of a wide "goiter belt" across the country, particularly around the Great Lakes and in northwestern States.

It is well to plan for iodine, particularly if you live inland. Eating salt-water fish or other food from the sea at least once

a week will help. But the best line of defense is to use iodized table salt regularly. In this kind of table salt, the iodine lost from natural salt in refining is restored.

One point of warning must be added. Using iodized salt regularly can prevent simple goiter, but it may be harmful to a goiter far-advanced. If in doubt about its use, see a competent physician.

Vitamins in general

Nearly 20 vitamins that are known or believed to be important to human well-being have thus far been discovered. A few more vitamins are known to be important to such creatures as fish, chickens, or insects, but not to people.

When you eat a variety of food you are pretty sure of getting a well-rounded assortment of the vitamins you need—except perhaps vitamin D. And you may also be getting other vitamins still undetected in food, but serving you just the same.

Separate doses of one or more selected vitamins are best taken under doctors' orders. For research is showing more and more instances in which a vitamin or other nutrient seeks a different nutrient in a meal as a special partner to assist in its work. When a vitamin pill brings in a mass army, the right partners may not be ready to use so much specialized help.

The following vitamins are of practical importance in planning family meals.

Vitamin A

Vitamin A is important to the young for growth. And at all ages it is important for normal vision, especially in dim light.

In one way or another, many vitamins help protect the body against infection, and vitamin A's guard duty is to help keep the skin and the linings of nose, mouth, and inner organs in good condition. If these surfaces are weakened, bacteria can invade more easily.

You can get vitamin A from some animal foods. Good sources are liver, egg yolks, butter, whole milk and cream, and cheese made from whole milk or cream. Fish-liver oils which children take for vitamin D are rich in vitamin A besides.

From many vegetable foods you can get carotenes, which are yellow-orange substances that the body converts into vitamin A. Green, yellow, and some red vegetables are good sources of carotene. One good reason for including a vegetable from the "leafy, green, and yellow group" every day is to keep stocked with this vitamin. Margarine, a vegetable fat, is nearly always fortified with vitamin A or carotene.

Some vitamin A can be stored in the body. So it is to your advantage to eat heartily of foods that provide for it, such as the green and yellow vegetables. A savings account of vitamin A in your system may be drawn upon, if in any emergency this vitamin is wanting in the diet.

The B-vitamin family

There was once supposed to be just one vitamin B. Then, vitamin B was found to be complex and it has in time been separated into about a dozen vitamins, each with particular duties and importance. Most of them are now called by names that tell something about their chemical nature.

Thiamine, riboflavin, and niacin are the most generally known and best understood B's. Getting enough of these in food helps with steady nerves, normal appetite, good digestion, good morale, healthy skin.

When these B's are seriously wanting in diet, malnutrition ills such as beriberi and pellagra follow. But far more common in this country are borderline cases. The chronic grouch, the lazybones, the nervous man, the housewife with vague complaints, may be showing effects of food providing too little of these important B's.

Recently identified B's are folic acid and vitamin B_{12}, both important for healthy state of the blood. Folic acid and B_{12} are being used medically with success in treating two hard-to-cure diseases—pernicious anemia and sprue.

Few foods contain real wealth of B vitamins, but in a varied diet many foods contribute some and so build an adequate supply.

One way to make sure of raising your B level is to use regularly bread, flour, and cereals that have been made from whole grain or that have been enriched so as to restore important B vitamins.

Getting ample milk in diet is important for B's, too, and for riboflavin in particular.

B vitamins play a part in converting fuel in foods into energy. It follows that any one who eats large quantities of starches and sugars also requires more food containing B vitamins.

Vitamin C

The first vitamin separated out from food was vitamin C, now also called ascorbic acid. Tissues throughout the body can't keep in good condition without vitamin C.

When diet is very low in this vitamin, gums are tender and bleed easily, joints swell and hurt, and muscles weaken. In advanced stages, the disease called scurvy results. This misery used to attack sailors on long voyages when they got no fresh food. In time, they found they could fight scurvy with lemon, lime, or orange juice added to rations. Much later, vitamin C, the scurvy-fighter itself, was discovered.

Scurvy is rare now in this country. But many people get too little vitamin C for their best state of health.

You need some food rich in vitamin C daily, because the body can't store much of this vitamin.

All of the familiar citrus fruits are bountiful sources of vitamin C. Half a glass (4 ounces) of orange or grapefruit juice, fresh or canned, goes far toward meeting a day's needs. The same is true of half a grapefruit, a whole orange, or a couple of tangerines.

Other good sources of vitamin C include tomatoes and tomato juice, canned or fresh; fresh strawberries and cantaloup; also raw green food, such as cabbage, green pepper, and green lettuce. The potato's many values include some vitamin C.

Vitamin D

Vitamin D is especially important to the young, because it works with minerals to form straight, strong bones, and sound teeth. Babies with bowlegs may have had too little vitamin D. An individual should get some of this vitamin regularly, at least through the growing stage. It is also important for pregnant and nursing mothers.

"Sunshine vitamin" is vitamin D's nickname, because the sun's rays striking the skin have power to change certain substances in the skin into vitamin D.

From baby days on, children can make good use of sunshine. But they should be protected well against sunburn or sunstroke.

Children can't get much vitamin D from the sun when they must wear thick warm clothes for cold weather, or when sunlight is cut off by clouds, smoke, fog, dust, or ordinary window glass.

A few foods, such as egg yolk, butter, salmon, tuna, and sardines, help out with vitamin D; and some milk, both fresh and evaporated, has vitamin D added. But to supplement sunshine and food, babies and young children usually need to take a special vitamin D preparation or one of the fish-liver oils regularly. These oils from halibut, shark, and cod are the richest natural sources of this vitamin known.

Fuel

For the body's energy in work and play, fuel must come from food. The value of foods for this purpose is figured in calories. Main sources are starches and sugars, and fats, but all foods furnish calories—some many, some few, in a given-size portion.

Your needs for food as fuel depend mainly on two things: The size of your body and how active you are. An average-size man who is a desk worker with no strenuous sport or hobby needs about 2,400 calories from daily food. A fast-growing, lively teen-ager, boy or girl, may need more calories than this grown man.

If body weight stays about right for your height and build it's a sign that fuel intake from food matches your needs. The calories are taking care of themselves.

But suppose you are overweight . . . what then?

When the body gets more energy food than it can use, it stores up the excess as fat. Accumulation of too much fat is sometimes termed the most frequent malnutrition problem among adults in this country. To put it more plainly, many adults eat too much.

Up to 35 years of age, if you can't be just right in weight, it is better to be plump than skinny. Beyond 35, excess fat becomes a greater health liability than thinness. Ills such as high blood pressure and heart and kidney ailments are more common among overweights. Underweights tend to tire readily and may be an easy prey to infections.

Controlling weight

If you are under 20 years of age, don't try to reduce except under a physician's guidance. This is also advisable if you are a young mother, or have anything wrong with heart or other organs. If you are not in these groups, and need to reduce, take it slowly. A pound or two off a week is plenty.

To reduce calories without starving your body of its other needs:

Eat three meals a day, but don't be tempted by between-meal snacks.

Avoid high-calorie foods like the fat on meat, cooking fat, salad oil, fried foods, gravies and rich sauces, nuts, pastries, cakes, cookies, rich desserts, candies, jellies, and jams. Eat small-sized servings of bread or cereal.

Don't skimp on fruits and vegetables. Eat a variety—yes, potatoes, too. A medium-sized potato has no more calories than a big orange or a big apple. But take fruits and vegetables straight—vegetables without cream sauce or fat, fruit without sugar and cream. Don't skimp on protein-rich foods, for you need plenty of lean meat, milk, and eggs.

If you are underweight you need to turn the tables to put some fat on your bones. You need three balanced meals, as overweights do. To these meals, you can freely add the extras shunned by the weight reducers—such as rich gravies and desserts, salad dressings, and jams. And you can well take some extra food as between-meal snacks.

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Finding out what's in foods

Taking foods apart chemically, scientists are learning more exactly, nutrient by nutrient, what each familiar food can provide for the body's needs.

The table on the following page gives a rough idea of how well different kinds of foods in this country's diet can provide for the body's various needs. You can judge from this table that no one food has a wealth of all nutrients—not even milk, "the most nearly perfect food." Most foods contain more than one nutrient, and so help in more ways than one.

Up to you

- To get all the nutrients needed, it's wise to choose a variety of foods. It is also important to get enough of the different nutrients from food. A food plan worked out by nutritionists, such as the one given on pages 14 and 15, is a handy guide.
- You will be off to a good start nutritionally if you plan meals by some orderly plan, so that daily food includes needed quantities of protein, minerals, and other nutrients.
- You are following through effectively when you cook by up-to-date methods that keep delicate vitamins and minerals from being wasted.
- And, rounding out a family nutrition program, you can make mealtime interesting and food associations pleasant. For, after all, food must be *eaten* to count for good nutrition. You can, for example . . .
- Make a collection of nutritious recipes that the whole family enjoys, and use them reasonably often.
- When re-using one of these favorites, vary the meal with different food combinations.
- If an inexpensive dish seems dull, vary flavor with seasonings, or combine with other foods different ways.
- Use contrast in food colors, flavors, textures. Some bright-colored food, something crisp, for example, can heighten the eye appeal and appetite appeal of a meal.
- Give children small servings, remembering that big amounts may be discouraging. It's better for a child to form the habit of cleaning his plate and asking for a second helping, if wanted.
- Introduce a new food to a young child in sample tastes, and at the start of a meal when he is hungry . . . and if he doesn't like it at first, try another day.

Serving by serving . . . foods provide for daily needs

Stars on this page give a very rough idea of how servings from groups of familiar foods contribute toward dietary needs.

A serving that rates 5 stars provides more than 50 percent of the day's need for a nutrient. A 4-star serving provides about 40 percent; 3-star serving, 30 percent; 2-star serving, 20 percent; 1-star serving, 10 percent. Smaller amounts of nutrients are not shown. These ratings are based on daily allowances of nutrients for a moderately active man as recommended by the National Research Council. Some foods within a group have more of a nutrient, some less; but in a varied diet, which is common in this country, a group is likely to average as shown.

Kind of food	Size of serving	Protein	Calcium	Iron	Vitamin A value	B-vitamins			Vitamin C (ascorbic acid)	Food energy (in calories)
						Thiamine	Riboflavin	Niacin		
Leafy, green, yellow vegetables.	½ cup...			★	★★★★				★★	30
Tomatoes, tomato products.	½ cup...			★	★★★			★	★★★	35
Potatoes.....	1 medium.			★		★		★	★	105
Sweetpotatoes.....	1 medium.			★	★★★★★	★		★	★★★	165
Other vegetables...	½ cup...								★	40
Citrus fruits.....	½ cup...								★★★★★	55
Other fruits.....	½ cup...				★				★	70
Milk, cheese, ice cream.	1 cup milk.	★	★★★		★	★	★★			170
Meat, poultry, fish..	4 ounces.	★★		★★	★	★★	★	★★★		225
Eggs.....	1 egg....	★		★	★		★			80
Dry beans and peas, nuts.	¾ cup beans cooked.	★★	★	★★★		★★	★	★★		215
Baked goods, flour, cereals.	2 slices bread.	★		★		★	★	★		130
Butter, fortified margarine.	1 pat....				★					50
Other fats (includes bacon, salt pork).	2 tablespoons.									230
Sugar, all kinds.....	2 teaspoons.									35
Molasses, sirups, preserves.	2 tablespoons.			★						115

★★★★★ More than 50 percent of daily need.
★★★★ About 40 percent of daily need.
★★★ About 30 percent of daily need.
★★ About 20 percent of daily need.
★ About 10 percent of daily need.

Have a food plan

To see that your family is well fed, it's wise to use a plan. This way you can be sure to provide each important kind of food—and enough of it.

A food fact worth knowing is: When families in this country are poorly fed, the foods they neglect are most often milk and milk products, and vegetables and fruits—especially the leafy, green, and yellow vegetables and citrus fruits. Watch for these in planning.

A ready-made food plan

A helpful guide for weekly shopping and meal planning is a food plan worked out by nutritionists. Such a plan is given on pages 14 and 15. Other plans could be made that would measure up—as this plan does—to the National Research Council's yardstick of good nutrition. Any plan that does measure up must bring into the kitchen the makings of meals that offer recommended amounts of protein, minerals and vitamins, and food energy.

In the plan given, foods are in groups according to their major contributions of nutrients, as well as their place in the meal. Amounts to provide for adequate diets are shown in pounds and quarts of food for a week.

More information about planning by food groups, and the way they work out in servings, is given on pages 16 to 20. You can see that there is ample choice within groups to allow for varied meals from day to day wherever you live. The groups allow, too, for stressing family favorites among the foods.

In the pages on food groups, the "Plan to use" headings are intended as a guide, if you follow a food plan of your own, not exactly like the one given.

Ways to use this plan

You can make use of the plan on pages 14 and 15 in several ways. It can serve as a shopping guide, as it stands, to show the approximate amount of food needed for each member of the family. Or you can compare it to kinds and quantities of food you regularly use, just to make sure that you are not short in any important kind.

If you have a garden or put up food for the winter, the food plan can help as a general guide to amounts of foods that the family will use.

To figure your family's needs

To use the food plan, figure weekly amounts of the food groups that will fit your family.

The rows of figures in the plan are arranged to show food quantities according to age, sex, and how active the individual is. Where a range is given: For children, the first quantity is for the youngest age. For adults, the first quantity is for the less active. The most active adults do really heavy work or take strenuous exercise.

For pregnant and nursing women, the first quantity is for pregnant and the second for nursing women.

No figures are given for children under 1 year because they are often breast-fed or have formulas or other food prepared especially for them.

Guided by these ranges, you can estimate the quantity needed for each person in the family. Use judgment in doing this. If a child is having a spurt of growing, he may need the amount of food usually suggested for children a year or two older.

As you add up the amount of each kind of food your family members need in a week, write the figure in the column provided at right of the food plan sheet. This is your shopping guide, to use as it stands or to compare with amounts you've been buying.

Your food and your money

Quantities in the food plan can be bought for about the same money that the average family in this country spends for food. This assumes that you will choose moderate-price foods, or mix some cheaper foods with more expensive ones.

If you have more money to spend, you can choose now and again the more expensive items, such as luxury foods and those out of season. On the other hand, if you want to cut down food costs, reduce somewhat—perhaps by about one-third—the quantities of meat, poultry, and fish in the plan, and also the group described as "other vegetables and fruits." To take their place, increase potatoes and cereals by about one-fourth.

In either case, try not to change very much the quantities given in the plan for milk and milk products, leafy, green, and yellow vegetables, and tomatoes and citrus fruits.

A food plan

(Quantities for

Kinds of food	For children 1 to 6 years	For children 7 to 12 years	For girls 13 to 20 years
Leafy, green, and yellow vegetables	2–2½ pounds	2½–3 pounds	3½ pounds
Citrus fruits, tomatoes	2–2½ pounds	2½–3 pounds	3 pounds
Potatoes, sweetpotatoes	½–1 pound	1½–2 pounds	2½ pounds
Other vegetables and fruits	2 pounds	2½ pounds	3½ pounds
Milk, cheese, ice cream (milk equivalent) [1]	5½ quarts	6 quarts	6 quarts
Meat, poultry, fish [3]	1–1¼ pounds	2 pounds	2½–3 pounds
Eggs	6–7 eggs	7 eggs	7 eggs
Dry beans and peas, nuts	1 ounce	2 ounces	2 ounces
Baked goods, flour, cereals (flour equivalent) [1] Whole-grain, enriched, or restored	1–1½ pounds	2–3 pounds	2½–3 pounds [2]
Fats, oils	¼ pound	½–1 pound	¾ pound
Sugar, sirups, preserves	¼–½ pound	¾ pound	1 pound

[1] For explanation of milk-equivalent and flour-equivalent foods see pp. 17 and 18.
[2] Larger quantities are for the younger girls.

for good nutrition

one week)

For boys 13 to 20 years	For women		For men, all activities	Total suggested for your family
	All activities	Pregnant and nursing		
3½–4 pounds	3½–4 pounds	4 pounds	3½–4 pounds	
3–3½ pounds	2½–3 pounds	3½–4½ pounds	2½–3½ pounds	
3½–4½ pounds 3½ pounds	2–3 pounds 3–4 pounds	2–3 pounds 3–3½ pounds	3–5 pounds 3–4 pounds	
6½ quarts	4 quarts	7–10 quarts	4 quarts	
3 pounds 7 eggs 4–6 ounces	2½–3 pounds 6–7 eggs 2–4 ounces	3 pounds 7 eggs 2 ounces	3–3½ pounds 6–7 eggs 4 ounces	
4–5 pounds	2–4 pounds	2–2½ pounds	3–7 pounds	
1–1½ pounds	¾–1 pound	¾ pound	1–2 pounds	
1–1½ pounds	¾–1 pound	¾ pound	1–1½ pounds	

[3] To meet the iron allowance needed by children 1 to 6 years, girls 13 to 20, and pregnant and nursing women, include weekly 1 large or 2 small servings of liver or other organ meats.

What's in each food group

Here are common foods grouped as in the plan on pages 14 and 15. Foods in each group can be used similarly in meals, so within the group there is room for variety. Foods in each group provide about the same nutrients but some are better providers than others.

Leafy, green, and yellow vegetables

Leafy, green, and yellow vegetables are rich in vitamin A value, especially the dark green leafy kinds, and carrots. They also provide worth-while amounts of riboflavin, iron, and some calcium; and cabbage, broccoli, brussels sprouts, and greens offer vitamin C.

Plan to use: 1 or more servings daily.
The food plan provides: 10 to 12 servings per week.

All kinds of greens—collards, kale, turnip greens, spinach, and many others, cultivated and wild; carrots, peas, snap beans, okra, green asparagus, broccoli, brussels sprouts, green lima beans, pumpkin, yellow squash, green cabbage.

Citrus fruits, tomatoes

Citrus fruits and tomatoes are mainstay sources of vitamin C.

Plan to use: 1 or more servings daily.
The food plan provides: 7 to 10 servings a week.

Oranges, grapefruit, tangerines, other citrus fruit, tomatoes.

The following foods are also good sources of vitamin C and may be used as alternates:

If eaten raw—cabbage, salad greens, green peppers, turnips, strawberries, pineapple, cantaloup. If cooked briefly, in very little water—cabbage, broccoli, brussels sprouts, greens.

Potatoes, sweetpotatoes

Potatoes and sweetpotatoes contain a number of nutrients. Because of the quantities in which they are eaten white potatoes can become quite important as a source of vitamin C. Sweetpotatoes are valuable for vitamin A in addition to vitamin C.

Plan to use: 1 or more servings daily.
The food plan provides: 7 to 9 servings a week.

Other vegetables and fruits

These vegetables and fruits help toward a good diet with vitamins and minerals.

Plan to use: 1 or more servings daily.
The food plan provides: 10 to 12 servings a week.

> Beets, cauliflower, corn, cucumbers, onions, sauerkraut, turnips, white cabbage, apples, peaches, bananas, berries, rhubarb, dried fruit—all vegetables and fruits not included in other groups.

Milk, cheese, ice cream

Milk—whole, skim, evaporated, condensed, dry, buttermilk—is our leading source of calcium. Milk also provides high-quality protein, riboflavin, vitamin A, and many other vitamins and minerals.

Plan to use, as the food plan provides, the following amounts of milk daily. Include milk used for drinking as well as cooking:

> Children through teen age: 3 to 3½ cups.
> Adults: 2 or more cups.
> Pregnant women: 1 quart.
> Nursing mothers: 1½ quarts.
>
> On the basis of calcium they contain, the following may be used as alternates for 1 cup of milk: Cheddar cheese, 1½ ounces; cream cheese, 15 ounces; cottage cheese, 11 ounces; ice cream, 2 to 3 large dips.

Meat, poultry, fish

Meat, poultry, and fish are important primarily for high-quality protein. Foods in this group also provide iron, thiamine, riboflavin, niacin, vitamin A.

Plan to use: 1 serving daily, if possible.
The food plan provides: 7 to 8 servings a week.

> All kinds, including liver, heart, and other variety meats. Count bacon and salt pork in with fats.

Eggs

Eggs are a source of high-quality protein, iron, vitamin A, riboflavin, vitamin D, and provide some calcium and thiamine.

Plan to use: 4 or more a week.
The food plan provides: 6 or 7 a week.

Dry beans and peas, nuts

Dry beans and peas and nuts contain good protein, also some calcium, iron, thiamine, riboflavin, and niacin.

Plan to use: 1 or more servings a week.
The food plan provides: 1 to 2 servings a week.

Dry beans of all kinds, dry peas, lentils; soybeans, soya products; peanuts, other nuts; peanut butter.

Baked goods, flour, cereals

Whole-grain cereals, or those with added vitamins and minerals or restored to whole-grain value, provide significant amounts of iron, thiamine, riboflavin, niacin. Foods in this group also help out with protein and calories.

Plan to use as the food plan provides: Some every day.

Flour or meal made from wheat, corn, oats, buckwheat, rye; cooked and ready-to-eat cereals; rice, barley, hominy, noodles, macaroni; breads, other baked goods.

Quantities suggested in the food plan are in terms of pounds of flour and cereal. Bread and other baked goods average two-thirds flour by weight. Therefore, count 1½ pounds of bread and other baked goods as 1 pound of flour.

Fats, oils

Butter and fortified margarine are rich in vitamin A value. Like all fats they furnish many calories.

Plan to use as the food plan provides: Some table fat daily; other fats as needed in cooking.

Butter, margarine, salad oil, shortening, bacon, salt pork, lard, suet, drippings.

Sugar, sirups, preserves

Sugar, sirups, preserves are useful mainly for the calories they provide for bodily energy.

The food plan includes for the average person about a pound a week.

Any kind of sugar—granulated (beet or cane), confectioner's, brown, and maple; molasses or any kind of sirup or honey; jams and jellies; candy.

Servings and pounds

How much meat to buy for dinner? How many servings will come from a pound of fresh beans, a No. 2½ can, or a frozen package? The food shopper with an eye to thrift and good management learns to buy carefully just what she can use.

The figures below and on the following page can help you decide how much to buy and, when reading market ads, you can use these figures to help decide what are real bargains.

The amount of meat, poultry, and fish per serving varies with the amount of bone and fat. It also varies with the amount of extenders—such as stuffing, potatoes, rice—used with the meat.

Size of serving for each fruit and vegetable is given for whichever way it is most commonly served—cooked or uncooked. Size of serving for dry beans and peas and for cereals and cereal products—except flaked and puffed—is given for the cooked form.

Meat, poultry, fish

MEAT	Amount to buy per serving
Much bone or gristle	½ to 1 pound
Medium amounts of bone	⅓ to ½ pound
Little bone	¼ to ⅓ pound
No bone	1/5 to ¼ pound

POULTRY dressed weight [1]	
Chicken:	
Broiling	¼ to ½ bird
Frying, roasting	about 1 pound
Stewing	⅓ to 1 pound
Ducks	1 to 1¼ pounds
Geese	¾ to 1 pound
Turkeys	⅔ to ¾ pound

POULTRY ready-to-cook weight [1]	Amount to buy per serving
Chicken:	
Broiling	¼ to ½ bird
Frying, roasting	¾ to 1 pound
Stewing	¼ to 1 pound
Ducks	¾ to 1 pound
Geese	¾ to 1 pound
Turkeys	½ to 1 pound

FISH	
Whole or round	1 pound
Dressed, large	½ pound
Steaks, fillets	¼ pound

[1] Number of servings obtained from a bird depends on the kind, weight, age, sex, grade, and fatness of the bird and the way it is prepared.

Vegetables and fruits

FRESH	Size of serving	Servings per pound [2]
Asparagus:		
Cut	½ cup	4
Spears	4–5 stalks	4
Beans, lima	½ cup	[3] 2
Beans, snap	½ cup	6
Beets, diced	½ cup	4
Broccoli	2 stalks	3–4
Brussels sprouts	½ cup	5–6
Cabbage:		
Raw, shredded	½ cup	7–8
Cooked	½ cup	4–5
Carrots:		
Raw, shredded	½ cup	8
Cooked	½ cup	5
Cauliflower	½ cup	3
Celery, cooked	½ cup	3–4
Collards	½ cup	2
Corn, cut	½ cup	[4] 2
Eggplant	½ cup	4
Onions, cooked	½ cup	4
Parsnips	½ cup	4
Peas	½ cup	[3] 2
Potatoes	½ cup	4–5
Spinach	½ cup	3–4
Squash	½ cup	2–3
Sweetpotatoes	½ cup	3–4
Turnips	½ cup	4

FRESH	Size of serving	Servings per pound [2]
Apricots	2 medium	5–6
Berries, raw	½ cup	4–5
Cherries, pitted, cooked	½ cup	2
Plums	2 large	4
Rhubarb, cooked	½ cup	4

For apples, bananas, oranges, and pears, count on about 3 to a pound; peaches, 4 to a pound.

DRY		
Dry beans	¾ cup	9
Dry peas, lentils	¾ cup	7

CANNED		Per can
8-ounce can	½ cup	2
No. 2 can	½ cup	4–5
No. 2 ½ can	½ cup	6–7
No. 3 cylinder (46 oz.)	½ cup	11–12

FROZEN		Per package
Family-size packages	½ cup	3–4
Juices, concentrated, 6 fluid ounces	½ cup	6

Cereals and cereal products

	Size of serving	Servings per pound
Flaked corn cereals	1 cup	18–24
Other flaked cereals	¾ cup	21
Puffed cereals	1 cup	32–38
Corn meal	¾ cup	16
Wheat cereals:		
Coarse	¾ cup	12
Fine	¾ cup	16–22
Oatmeal	¾ cup	13
Hominy grits	½ cup	20
Macaroni and noodles	¾ cup	12
Rice	½ cup	16
Spaghetti	¾ cup	13

[2] As purchased. [3] In pod. [4] In husk.

Smart buying

Meat

It is not easy for household buyers to judge quality of meat.

Best guides for selecting the meat you want are the U. S. Department of Agriculture grades—which more retail stores will use as consumers request graded meat. The grades you are most likely to find on the market are Prime, Choice, Good, and Commercial.

The Federal grade name appears in purple on most of the retail cuts of meat.

Another purple stamp which may appear on retail cuts is the round one indicating that the meat has been inspected and passed as wholesome food. All graded meat is inspected, but not all inspected meat is graded.

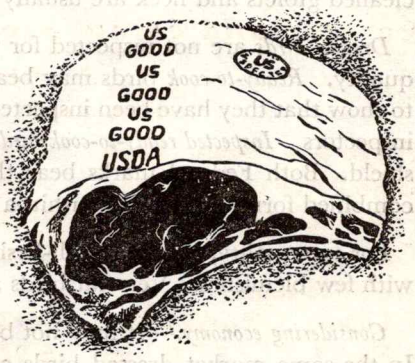
Meat packers, wholesalers, or retailers may use their own brand names, not to be confused with USDA grades. Letters such as AA and A are never used as meat grades by the USDA.

You may find on your market Federally graded beef, lamb, mutton, veal, and calf. Pork is not usually graded. But beef is the meat you will most often find with a USDA grade stamp.

Beef grades

U. S. Prime.—Excellent quality and flavor, tender and juicy, good distribution of fat through the lean meat.

U. S. Choice.—Very acceptable quality. This grade is popular because it combines a moderate amount of fat with desirable eating quality. If you find graded beef at your butcher's, it is most likely to be U. S. Choice.



U. S. Good.—Cuts of this grade are preferred by consumers who desire relatively tender beef with a high ratio of lean to fat.

U. S. Commercial.—Most beef of this grade is produced from mature animals. It carries a fairly thick fat covering and lacks natural tenderness. Such Commercial grade meat is often a good buy, but usually requires long, slow cooking.

If you buy ungraded beef

You can be reasonably sure of high-quality beef when the lean meat is light red, velvety-appearing, and liberally veined with fat, when bones are red, and the fat is flaky and white.

Meat and your money

The amount of bone and fat must be considered in figuring the cost of meat—beef, pork, lamb, or veal. For example, beef short ribs may cost less per pound than hamburger but will yield only one-third to one-half as many servings.

In buying beef when you plan to have broiled steaks or rare roasts, select Prime, Choice, or Good grades. But when you want pot roasts, you may do just as well to buy Commercial grade.

For hamburger, meat loaf, and stews, Commercial beef may be just as satisfactory as Choice or Good and is often more economical.

Poultry

Most poultry is marketed ready-to-cook these days, although live and dressed birds still appear in some markets.

Dressed poultry has been bled and picked, but internal organs, head, and feet have not been removed. Ready-to-cook birds have been bled and picked, and internal organs, head, feet, and oil sac have been removed. Pinfeathers have been pulled, and the bird has been thoroughly cleaned inside and out. The cleaned giblets and neck are usually packed inside.

Dressed birds are not inspected for wholesomeness or marked individually for quality. *Ready-to-cook* birds may bear the Federal inspection mark—a circle—to show that they have been inspected and passed for wholesomeness by Federal inspectors. *Inspected ready-to-cook birds* may also bear the quality grade mark—a shield. Both Federal marks bear the letters "U. S." They may be used in combined form, as a shield within a circle.

For top quality, choose a well-fleshed bird with well-distributed fat, and skin with few blemishes. Very fat birds are often wasteful.

Considering economy.—It may not be an economy to buy live or dressed birds. In the same market dressed birds cost more per pound than lives ones, and

ready-to-cook birds more per pound than dressed. But the dollar spent on live or dressed birds pays for more waste.

The larger, well-fleshed birds are often better buys than smaller ones. They usually have more meat in proportion to bone.

Chickens and turkeys

For broiling, frying, or roasting, choose a plump young chicken. Smaller sizes are best for broiling. Young birds have smooth, tender skin, soft tender meat, and a flexible breastbone. For stewing or braising, choose an older bird with coarser skin and a firm breastbone.

Most turkeys are marketed when young and tender-meated—suitable for roasting. Small, very young turkeys that can be broiled or fried as well as roasted are on some markets now. Halves or quarter roasts of turkey are also marketed to suit needs of smaller families. Turkeys range from 4 to 24 pounds, ready-to-cook.

Ducks and geese

Ducks have less range in size than turkeys. Ducks may weigh from 3 to 5 pounds, ready-to-cook. Most of them are marketed young, as ducklings. The heavier the duck, the fatter it usually is.

Geese come larger than ducks and are usually fatter. Geese as most commonly marketed run 8 to 12 pounds, ready-to-cook.

Fish

Fish may be purchased fresh, frozen, or canned.

Fresh fish are often a good buy. It is well to know the varieties available on your market and the seasons of the year when each is most plentiful.

Most important point in buying whole fish is to be sure of freshness. Look for these signs:

Eyes—bright, clear, and bulging.
Gills—reddish-pink, free from slime.
Scales—tight to the skin, bright, and shiny.
Flesh—firm and elastic, springing back when pressed, and not separating from the bones.
Odor—fresh.

It also pays to know the most common ways fish are marketed:

Whole or round.—Marketed just as they come from the water. Before cooking, internal organs must be taken out and scales removed. Remove the head, tail,

and fins except on some small fish or fish to be baked. For broiling or frying, the fish may need to be split or cut into serving-size portions.

Drawn.—Internal organs already removed. Prepare for cooking just as whole or round fish.

Dressed or pan dressed.—Both internal organs and scales removed. Most dressed fish also have head, tail, and fins removed.

Steaks.—Cross-section slices of the larger dressed fish. Steaks are ready to cook as purchased. A cross section of the backbone is usually the only bone in a fish steak.

Fillets.—Meaty sides of the fish, cut lengthwise away from the backbone. Fillets are practically boneless and require no preparation for cooking. Sometimes the skin, with scales removed, is left on one side of the fillet; other fillets are completely skinned.

Whole fish may be cheaper than fillets or steaks, but remember that whole fish include considerable waste. Steaks have little bone or waste and fillets have none at all.

Eggs

To be sure of high-quality eggs, buy graded eggs sold in cartons and kept in a refrigerator. Look for the grade and size on the label.

Size.—Eggs are classified by size according to weight per dozen. The four sizes most commonly found on the market are: Extra large—at least 27 ounces per dozen; large—at least 24 ounces; medium—at least 21 ounces; and small—at least 18 ounces per dozen.

In the fall, medium and small eggs may come at a better price for their size than larger ones. For some uses, you need to buy more small eggs than you would normally buy of the larger. For instance, you need more small eggs than large ones for a cup of egg whites in an angel cake.

Quality.—Eggs are also classified by grade according to quality.

Grades AA and A—top quality, good for all uses, but most appreciated when poached, fried, or cooked in the shell.

Grades B and C—good eggs for dishes in which appearance and delicate flavor are not so important. Use them in baked dishes, custards, sauces, and salad dressings.

Grade B eggs are often a good buy for they may cost considerably less per dozen than Grade A eggs of the same size.

Buy either white or brown eggs. Color of the shell has nothing to do with flavor or nutritive value of the egg.

Fresh vegetables and fruits

It's a good rule to choose the fresh and avoid the shriveled, wilted, or decayed. But consider that blemishes such as blotches on apples and yellowed outer leaves of cabbage can be removed in preparing.

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

Apples.—Good color usually indicates full flavor. Learn the varieties you like best for cooking and eating out of hand by buying small samples, especially if you plan to buy a large quantity later.

Remember that the same variety of apple may be tart when on the market in the fall but mellow when sold in the winter.

Asparagus.—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

Beans, snap.—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries.—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

Broccoli, brussels sprouts, and cauliflower.—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and head lettuce.—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers.—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons.—In cantaloups, thick close netting on the rind indicates best quality. Cantaloups are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Onions (dry).—Size and color do not affect flavor or quality. Avoid onions with wet necks. The Bermuda and Spanish types are milder than the very hard, long-keeping varieties.

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Oranges, grapefruit, and lemons.—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peaches.—Best to buy when firm, not bruised, and showing no green color.

Peas and lima beans.—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

Pears.—Some pears, especially winter varieties, are marketed when slightly underripe and need to be ripened at home—at room temperature. Pears are ripe and ready to eat when they are slightly soft at stem end.

Potatoes.—If you plan to buy a large quantity of potatoes, buy a few first to see if they are the kind you want. Early crop potatoes, marketed in the summer, tend to be less mealy when cooked than those harvested later. Avoid potatoes with wasteful deep eyes. Potatoes with green skins may be bitter.

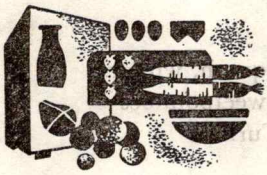
Root vegetables.—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

Sweetpotatoes.—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

Canned and frozen foods

Canned.—You may want to choose the highest quality for plain-cooked dishes, salads, or serving "as is." But second quality may do for combination dishes such as stews, casserole dishes, soups, and fruit puddings, where wholeness or color is not so important.

Frozen.—Buy only packages that are frozen solid. Avoid packages that feel soft, indicating they have started to thaw. Refreezing after thawing lowers quality.



Wise storing

Meat, poultry, fish.—Important to keep cold; so store in refrigerator—35° to 40° F.

Poultry, fish, and unsmoked meat—such as roasts, chops, and steaks—must be allowed some air. Loosen any tight transparent coverings. Cover again loosely—use within a few days.

Ground fresh meat and variety meats, especially liver and brains, spoil more quickly than others. Store loosely wrapped; cook within 2 days for best flavor.

Smoked meats—such as ham, frankfurters, and bacon—and sausage, smoked or unsmoked, may be kept tight-wrapped during storage. They keep longer than unsmoked meats, although bacon and sausage are likely to change flavor.

Keep cooked meat, poultry, and fish and also broth and gravies covered and in the refrigerator. Use within a few days.

Eggs.—Keep in covered container in the refrigerator. Storing eggs with large end up helps to keep the yolk centered.

Fresh vegetables and fruits.—For best eating, most fruits and vegetables should be used fresh from garden or orchard. But if they must be held a few days, follow this storage guide:

Refrigerated and covered

Asparagus	Celery	Onions, green
Beans, snap or wax	Corn, husked	Peas, shelled
Broccoli	Cucumbers	Peppers, green
Cabbage	Greens	Radishes
Cauliflower		

Refrigerated, covered or uncovered

Apples (mellow)	Cherries	Peaches (soft ripe)
Apricots	Corn, in husks	Pears
Avocados	Grapes	Peas, in shell
Berries	Nectarines	Plums

Room temperature or refrigerated

Beets	Lemons, limes	Parsnips
Carrots	Melons	Pineapples
Grapefruit	Oranges	Squash, summer

Room temperature or slightly cooler (60° to 70° F.)

Apples (hard)	Peaches (firm)	Squash, winter
Bananas	Potatoes	Sweetpotatoes
Onions, dry	Rutabagas	Turnips

Corn stays fresh longer if not husked. Carrots and beets wilt less with tops removed. These two and parsnips keep still better if covered and refrigerated. To keep berries in best condition, store them unwashed and spread out. Watch berries for molding.

Ripening.—Some slightly underripe fruits and vegetables will ripen during storage if they are fresh and sound. Ripen peaches, pears, plums, avocados, and tomatoes in open air at room temperature; cantaloups will soften at room temperature but will not improve in flavor.

To ripen bananas, keep at room temperature. To prevent shriveling, keep them in a paper bag along with wet cloth or paper.

Fats.—Refrigerate lard, butter, margarine, drippings and rendered fats, and opened containers of salad oils. Hydrogenated fats (certain shortenings sold under brand names) can be kept at room temperature. Keep covered.

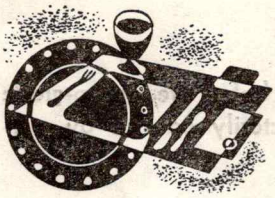
Canned foods.—Keep in dry place at room temperature, preferably not above 70° F. Opened jars of salad dressing should be kept in the refrigerator for finest flavor. Keep salad dressings from freezing to retain smooth texture.

Frozen foods.—Keep frozen hard until time to use. Refreezing after thawing lowers quality.

Dried foods.—Keep *dried fruits* in tightly covered jar or can at room temperature, preferably not above 70° F. In warm humid weather, move to the refrigerator.

Keep *dried eggs* in unopened packages in cool place, 50° to 55° F., or preferably in the refrigerator. After opening, keep in tightly covered can or jar in refrigerator.

Keep *dry milk* in unopened packages at room temperature, preferably not above 75° F. After opening, keep in tightly covered can or jar in refrigerator.



Main dishes

The dish that gets star billing at your table—whether it's sizzling steak or tangy cheese casserole—is called the main dish.

Meat, poultry, and fish most often play the main-dish role for theirs is the satisfying flavor and stick-to-the-ribs quality we like when we're hungry. And they are foods that abound in high-quality protein.

Another hearty trio—milk, cheese, and eggs—are main-dish favorites. They have a special talent for combining well with other foods and provide the same good protein that's in meat, poultry, and fish. Potatoes, rice, beans, and other vegetables and cereals are also sturdy "combiners" for main dishes.

Combination main dishes

Some of the main dishes we like best are combinations. Dear to our hearts are rich brown beef stews with potatoes or dumplings, chicken with flaky rice, macaroni and cheese. Many combinations are thrifty dishes, too.

If the main dish is light and not high in protein, other protein-rich foods may be part of the menu. Here's where that milk-cheese-egg threesome comes in handy. Milk to drink, vegetables with cheese, custard for dessert—served in such ways they help round out the meal's protein.

Meat

There's nothing else like it—the prized savoriness of meat. But all the skill of good cooking must be brought to bear on retaining this good flavor.

Beef may be cooked rare, medium, or well-done. Lamb is enjoyed either medium or well-done, but veal and pork are cooked well-done. Moderate heat is best for all meat cooking—for top of stove, oven, or broiler.

Frozen meats may be thawed before cooking or cooked without thawing first. To cook chops and steaks without thawing, allow 2 to 15 minutes longer than usual, depending on thickness. For roasts, allow 10 minutes per pound extra for lamb, 20 minutes for pork, and 25 minutes for beef.

Meat grading and other buying pointers will be found on page 21 and meat storage on page 27. How much meat to buy per serving is given on page 19.

MEAT COOKING GUIDE

The first three cooking methods suggested in the guide below are for top-grade meat. Fat beef graded Commercial is more satisfactorily cooked by pot-roasting, braising, or simmering.

	BEEF	VEAL	PORK	LAMB
Broiling	Thick steaks: Rib Sirloin T-bone Club Top-round Patties (ground beef)		Smoked ham slices Canadian bacon Bacon	Chops Patties (ground lamb)
Pan-frying	Thin steaks: Rib Sirloin T-bone Club Top-round Patties (ground beef)		Smoked ham slices Canadian bacon Bacon Thin steaks Thin chops	Chops Patties (ground lamb)
Roasting	Rib, standing or rolled	Large loin	Fresh and smoked ham Fresh and smoked shoulder Loin Spareribs	Loin Leg Shoulder
Braising, pot-roasting	Rump Chuck Heel of round Short ribs Round steak Flank steak	Round, shoulder, and rump roasts Loin and rib chops Cutlets	Ham slices Thick chops Thick steaks Tenderloin Spareribs Hocks	Shoulder cuts Shanks Neck slices Breast
Simmering, stewing	Heel of round Brisket Shank Short ribs Corned beef	Shank Riblets Breast	Smoked ham Smoked shoulder Spareribs	Shanks Neck slices Breast

Roasts . . . beef, veal, lamb, pork

Place roast, fat side up, on a rack in a shallow pan. Do not add water; do not cover. Season either before or after cooking.

Below is a guide to cooking time. The minutes per pound are only approximate. Quality of meat, size and shape of roast, and its temperature at the start all affect the time required. If you use a meat thermometer, insert it so the bulb is at center of thickest part of meat and does not touch bone or fat. Cook meat to the temperature given in last column of table.

TIMES AND TEMPERATURE for roasting meats

Oven temperature—325° F.

Meat	Weight	Cooking time [1]	Temperature of meat when done
	Pounds	*Minutes per pound*	*°F.*
Beef:			
Standing ribs	6 to 8		
Rare		16 to 18	140
Medium		20 to 22	160
Well done		27 to 30	170 to 180
Boned and rolled		Add 15 minutes per pound.	
Veal:			
Loin	6 to 8	30 to 35	170 to 180
Lamb:			
Leg	6 to 7	25 to 30	175 to 180
Shoulder	4 to 6	25 to 30	
Loin	4½ to 5	30 to 35	
Boned and rolled cuts		Add 10 minutes per pound.	
Pork, fresh:			
Loin, piece	4 to 5	35 to 40	185
Loin, whole	12 to 15	15 to 20	
Shoulder	4 to 6	35 to 40	
Boned and rolled cuts		Add 10 minutes per pound.	
Ham, fresh	10 to 14	30 to 35	
Spareribs, 1 side	1½ to 2½	40	
Pork, smoked (not precooked):			
Ham, whole	15 and over	15 to 20	170 (160 for precooked ham)
	10 to 12	18 to 20	
Ham, half	6 to 8	25	
Shoulder	5 to 8	28 to 35	

[1] Where range of times is given use lower figure for larger roast.

Broiled steak

Choose a steak 1 to 2 inches thick, of high-quality beef. Steaks recommended for broiling are listed on page 30.

Slash the fat at the edges of the meat to prevent curling.

Preheat broiler. Grease broiler rack lightly.

Place steak on rack so that top of meat is 2 to 3 inches below source of heat—3 inches if the steak is to be cooked well done. It is generally best to leave oven door open.

Broil the steak until top side is well browned, season, then turn and brown the other side. (Stick fork into fat, not lean, when turning.)

Broiling time for steaks—The table below is a guide to broiling time. Only approximate times can be given, because much depends on the broiler, personal preference in doneness of meat, and the meat itself.

STEAK	Total time (minutes)
1 inch thick:	
Rare	About 10
Medium	About 15
Well done	20 to 25
1½ inches thick:	
Rare	About 15
Medium	About 20
Well done	25 to 30
2 inches thick:	
Rare	About 25
Medium	About 35
Well done	45 to 50

Pot roast of beef

Select 4 to 5 pounds of beef—chuck, rump, or round.

Rub the meat with salt, pepper, and flour, and brown on all sides in a little hot fat in a deep heavy pan with cover.

Slip a low rack under meat to keep it from sticking to pan. Add one-half cup water; cover pan closely.

Cook slowly over low heat until done—about 3 hours. Add more water as needed.

During the last half hour, cook vegetables with meat—quartered potatoes, onions, and whole carrots.

Make gravy with the liquid (p. 71).

Menu suggestion

Serve with the vegetables, lettuce wedges, and peach or other fruit shortcake.

Braised steak and onions

¾ to 1 pound beef rump or round, cut 1 inch thick
Salt, pepper, flour
Fat
Water
1 or 2 large onions, sliced

Season meat with salt and pepper, and sprinkle with flour.

Pound on both sides with the back edge of a large knife or the edge of a heavy saucer to help make meat tender.

Cut meat into serving pieces and brown in a little fat in a fry pan.

Add water to ½-inch depth, cover pan, and cook slowly about 2 hours or until meat is very tender, adding the onions during the last half hour.

To serve, place the steak on a hot platter and cover with the onions. Make gravy with the drippings (p. 71).

4 servings.

Menu suggestion

Serve with baked potatoes, green salad, and stewed prunes or other fruit and cookies.

Stuffed flank steak

Stuffing made with 2 cups crumbs (p. 41)

1 flank steak (about 1½ pounds)

2 tablespoons fat

Spread stuffing over steak.

Beginning at one side, roll the meat like a jelly roll. Tie securely in several places with clean string.

Brown the meat on all sides in the fat in a heavy pan on top of the stove.

Slip a rack under the meat. Cover the pan closely.

Cook in oven at 350° F. (moderate) about 1½ hours.

Start carving at the end of the roll and cut across the grain, so that each serving is a round slice with stuffing in the center.

Make gravy with the drippings (p. 71).

6 to 8 servings.

Menu suggestion

Serve with mashed rutabagas, and apple, celery, and nut salad. For dessert have lemon sponge pudding or butterscotch pudding.

Ragout of beef

1 pound stewing beef, cut in cubes

Salt, pepper, flour

2 to 3 tablespoons fat

1 small onion, chopped

¼ cup chopped green pepper

¾ cup chopped celery

2 tablespoons chopped parsley

Paprika

Hot water

Sprinkle beef with salt, pepper, and flour. Brown well in the fat in a heavy pan. While meat is browning, add the chopped vegetables.

Sprinkle with paprika, add hot water to cover. Cover pan.

Cook slowly 2½ to 3 hours.

If gravy is not thick enough, blend 1 to 2 tablespoons flour with a little cold water and stir into the stew. Cook 3 to 5 minutes.

Season to taste with salt and pepper. If additional seasoning is desired, add catsup, chili sauce, or grated horseradish.

4 servings.

Menu suggestion

Serve with brussels sprouts, tomato and cucumber salad, and blueberry pie.

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Braised short ribs

2 to 3 pounds beef short ribs
Salt, pepper, flour
Fat
1 cup water

Cut meat in serving pieces and sprinkle with salt, pepper, and flour.

Brown well on all sides in a little hot fat. Add water and cover closely.

Cook in oven at 350° F. (moderate) about 2 hours. Or cook slowly on top of stove.

Make gravy with the drippings (p. 71).

4 servings.

Menu suggestion

Serve with noodles, panned cabbage, carrot and raisin salad, and chocolate souffle.

Panned corned beef and cabbage

4 tablespoons fat
1 quart shredded cabbage
2 cups chopped cooked corned beef
Salt, pepper, vinegar

Melt fat in a fry pan. Add the cabbage and corned beef. Cover tightly.

Cook until cabbage is tender—5 to 10 minutes—stirring occasionally to prevent sticking.

Season to taste with salt, pepper, and vinegar.

4 servings.

Menu suggestion

Serve with corn and a salad of cucumber slices and green pepper rings in sour cream dressing. Have chocolate cream pie for dessert.

For variety

Panned ham and cabbage.—Use 2 cups chopped cooked ham instead of corned beef.

Meat loaf

2 pounds ground beef or veal
½ pound sausage or salt pork
½ cup chopped onion
¼ cup chopped celery
¼ cup chopped parsley
1 cup soft bread crumbs
1 cup milk or canned or cooked tomatoes
1 egg, beaten
1 teaspoon salt
Pepper

Mix all ingredients together thoroughly. If salt pork is used, cut it in small pieces and fry until lightly browned before adding to the other ingredients.

Pack mixture into a loaf pan. Bake at 350° F. (moderate oven) 1½ to 2 hours. Serve hot or cold.

8 to 10 servings.

Menu suggestion

Serve with scalloped potatoes, tomato jelly salad, and have apricot pudding for dessert.

Braised veal shoulder

3 to 5 pounds boned and rolled veal shoulder
Salt, pepper, flour
Fat

Rub meat with salt, pepper, and flour. Brown on all sides in a little hot fat.

Place meat on a rack in a deep pan. Cover pan.

Cook in oven at 350° F. (moderate) about 2½ hours.

Make gravy with drippings (p. 71).

Menu suggestion

Serve with mashed potatoes and gravy, peas, jellied fruit salad, and ice cream for dessert.

Pan-broiled lamb chops

Loin, rib, or shoulder chops may be used.

Heat a heavy fry pan very hot and grease lightly. Lay chops in pan and brown quickly on both sides. Turn thick chops on edge to brown the fat. Reduce heat and cook slowly, turning often. Do not add water and do not cover. From time to time pour off excess fat.

Chops ¾ to 1 inch thick take 10 to 15 minutes to cook.

Menu suggestion

Serve with creamed potatoes, beets, tossed green salad, and have cupcakes for dessert.

Braised chops

Sprinkle chops (veal, lamb, or pork) with salt, pepper, and flour. Brown in a little fat in a fry pan. Cover and cook over low heat ½ to ¾ hour.

Make gravy with the drippings (p. 71), or pour the drippings over the chops on the platter.

Menu suggestion

Serve with mashed potatoes or sweetpotatoes, Spanish snap beans, and fruit upside-down cake.

Irish stew

¾ to 1 pound lean lamb, cut in cubes
Salt, pepper, flour
1 onion, sliced
2 to 4 tablespoons fat
2 potatoes, diced
4 small carrots, diced
1 turnip, diced
1 tablespoon chopped parsley

Sprinkle the meat with salt, pepper, and flour; brown it with the onion in the fat.

Add water to cover. Cover pan and cook slowly until meat is almost done—about 1½ hours.

Add potatoes, carrots, and turnip and cook until tender—20 to 30 minutes. Add parsley.

4 servings.

Menu suggestion

Serve with fruit salad, and have rice pudding for dessert.

Curried meat

1 cup chopped celery and tops
1 small onion, chopped
3 tablespoons fat
2 cups chopped cooked lamb, pork, or veal
¾ cup brown gravy or broth
⅛ to ½ teaspoon curry powder
Salt to taste

Brown celery and onion in fat.

Add meat, gravy or broth, and seasonings. Heat, stirring to keep from sticking. If dry, add a little boiling water.

4 servings.

Chop suey.—Omit curry powder and add chopped almonds or sliced radishes if desired. Serve on crisp fried noodles.

Menu suggestion

Serve with rice, spinach, crisp vegetable salad, and fruit cobbler.

Meat and vegetable pie

⅔ cup cubed carrots
⅔ cup cubed potatoes
1 small onion, sliced
Meat gravy
1 cup cubed cooked meat
½ recipe rich biscuit dough (p. 74)

Cook the vegetables in boiling salted water until almost tender. Drain.

Add some of the cooking liquid to the gravy if needed to make about 1½ cups.

Mix vegetables, meat, and gravy together. Heat thoroughly and pour into a baking pan.

Cut biscuits and arrange on top of meat mixture.

Bake at 425° F. (hot oven) until biscuits are done and pie is hot—about 15 minutes.

4 servings.

Menu suggestion

Serve with grapefruit salad and custard-filled cream puffs.

Ham with noodles

1½ cups cooked noodles
2 cups ground cooked ham
2 cups thin white sauce (p. 70)
Crumbs mixed with melted fat

Place half the noodles in a greased baking dish or pan and top with half the ham. Add another layer of noodles and ham.

Pour white sauce over mixture. Top with crumbs.

Bake at 350° F. (moderate oven) 20 minutes.

4 servings.

Menu suggestion

Serve with asparagus or snap beans, a tossed green salad, and berry pie.

For variety

Chicken with noodles.—Use 2 cups diced cooked chicken instead of ham. In place of white sauce, make gravy with chicken broth.

Ham with sweetpotatoes

¾- to 1-pound slice of ham
2 medium sweetpotatoes, pared
2 tablespoons brown sugar
1 cup hot water

Cut ham in serving pieces and brown lightly in a fry pan.

Place the ham in a baking dish. Slice the sweetpotatoes over it, and sprinkle with sugar.

Add water to drippings, pour over sweetpotatoes. Cover.

Bake at 350° F. (moderate oven) about 45 minutes, basting occasionally with the liquid. Remove cover for the last 15 minutes.

4 servings.

Menu suggestion

Serve with broccoli, crisp celery, and a fruit chiffon pie.

Ham timbale

2 cups ground cooked ham
1 cup medium white sauce (p. 70)
2 eggs, beaten

Mix all ingredients and pour into shallow greased baking dish. Place dish in pan of hot water.

Bake at 350° F. (moderate oven) about 50 minutes, or until mixture is firm in center.

4 servings.

Menu suggestion

Serve with baked squash, coleslaw, and cooked dried fruit.

Ham croquettes

2 cups ground cooked ham
1 cup mashed potatoes
1 tablespoon chopped onion
1 tablespoon chopped parsley
Salt and pepper
1 tablespoon water
1 egg, beaten
Fine dry crumbs
Fat for frying

Combine ham, potatoes, onion, and parsley. Add salt and pepper. Shape into eight croquettes.

Add water to egg. Dip croquettes into egg and roll in crumbs.

Brown the croquettes in a fry pan, or french-fry or bake them.

Pan-fried.—Brown croquettes in a little hot fat, turning to form a good crust all over.

French-fried.—Half fill a deep kettle with oil or melted fat. Heat to 375° F. (hot enough to brown a 1-inch cube of bread in 40 seconds). Place croquettes in a wire frying basket and cook in the hot fat until browned—3 to 5 minutes.

Baked.—Shape mixture into flat cakes and dip in egg and roll in crumbs as above. Place in greased pan and bake at 400° F. (hot oven) until browned on the bottom. Turn and brown other side.

4 servings.

Menu suggestion

Serve with glazed sweetpotatoes, asparagus, pineapple and banana salad, and gingerbread.

Beef tongue

Fresh.—Wash a fresh beef tongue and place in hot water to cover. Add an onion, a sprig of parsley, a bay leaf, several peppercorns or cloves, and salt.

Cook slowly until tongue is tender—2½ to 3 hours.

Skin tongue, slice, serve hot; or, cool skinned tongue in the liquid and serve cold.

Smoked.—Soak tongue overnight in cold water. Drain; cover with fresh cold water. Bring to boiling point and discard water. Cover with hot water, cook slowly 2½ to 3 hours.

Menu suggestion

Serve with hash-browned potatoes, beets in honey sauce, cabbage salad, and apple pie.

Fried liver and bacon

½ pound liver, sliced (beef, calf, lamb, or pork)
Salt, pepper, flour
8 slices bacon

Remove heavy blood vessels from liver. To make the flavor of lamb or pork liver more mild, you may want to scald it—that is, pour boiling water over it and drain.

Cook bacon over low heat, turning often, until brown and crisp. Drain on paper; keep hot.

Sprinkle liver with salt, pepper, and flour.

Cook in the bacon fat at moderate heat until lightly browned on one side. Turn and brown on the other side. Do not add water and do not cover. Slices ½ inch thick take about 5 minutes. Take care not to overcook.

4 servings.

Menu suggestion

Serve with creamed potatoes, panned kale, relishes, and cherry cobbler.

Braised stuffed calf's heart

2 calves' hearts (½-pound each)
Stuffing made with 2 or 3 cups crumbs (p. 41)
Fat
½ cup water

Wash the hearts and make a slit to the center cavities. Remove gristle and blood vessels.

Fill hearts with stuffing and sew up slit.

Brown hearts on all sides in a little fat. Place in a baking dish or pan, add water, and cover closely.

Cook in oven at 300° F. (slow) until tender—about 1½ hours.

Make gravy with the liquid (p. 71).

4 servings.

Braised stuffed beef heart.—Prepare as above, but cook about 4 hours.

8 servings.

Menu suggestion

Serve with glazed carrots, lettuce wedges, and apple crisp.

Poultry

Feast day or any day, chicken, turkey, duck, and goose are favorites.

Choose from many cherished dishes—golden roast turkey, chicken fried to a crispy turn, stewed chicken with dumplings—or be very modern with the new turkey steaks.

How to cook any kind of poultry depends on the bird's age, weight, quality, and fatness. In general, plump young birds are best for broiling, frying, or roasting. Older birds or lean young ones are best braised, stewed, or steamed.

Buying pointers for poultry will be found on page 22. How much poultry to buy per serving is given on page 19.

Cooking rules

Whether poultry is freshly drawn or frozen, two good rules are: (1) Cook at low to moderate temperatures; and (2) don't overcook.

In frying or roasting, birds should not be covered. The meat is more juicy and there is less shrinkage.

Keep frozen birds frozen until time to thaw for cooking. To cook without thawing first, allow one-and-a-half times as long as usual. Stuff birds just before roasting.

Preparing the bird

Ready-to-cook birds should need no preparation before cooking. But you may have to remove a few pinfeathers. Wash and dry bird.

Dressed birds have been bled and picked but the head and feet and internal organs have not been removed. To prepare, start by removing pinfeathers. Singe off hairs, cut off head and feet, and cut out the oil sac on top of tail. Then scrub the bird.

Cut circle around vent below tail, leaving it free to be removed with internal organs. Make a crosswise slit large enough for drawing, between this circle and rear end of breastbone. Leave a band of skin between the two cuts.

Draw out internal organs. Save heart, liver, and gizzard. Slit skin lengthwise at back of neck, leaving skin on bird. Slip skin down and remove crop and windpipe. Cut neck off short and save. Wash inside of bird and dry.

To clean giblets, cut blood vessels from heart, and carefully cut away green gall sac from liver. Be careful not to break the gall sac. Gall is bitter and will spoil the flavor of any meat it touches. Cut through one side of gizzard to inner lining, remove lining, and discard. Wash giblets.

Roasting

After cleaning bird (p. 39), sprinkle inside with salt. Stuff body and neck cavities loosely. If opening is large, hold stuffing in at tail by slipping in the heel of a loaf of bread.

Tie legs and tail together. For ducks and geese, sew together the cut edges of skin and tie legs close to body.

Fold loose neck skin toward back, sew or fasten with poultry pins. Fold wing tips back of heavy wing bone.

Brush skin of chicken or turkey with soft fat. Ducks and geese do not need added fat.

Place bird on rack in shallow pan and roast uncovered without adding water (see Roasting Guide below). If desired, start bird breast down and turn two or three times during cooking. Cooking may be a little more even this way.

Baste a chicken or turkey several times with melted fat or drippings. Since ducks and geese are fat, they do not need basting. In fact, when roasting a goose, prick the skin from time to time to let fat run out. Always roast a goose breast up.

Bird is done when flesh is slightly shrunken beneath skin, thick portions of breast and thigh prick tender, and juice running out has no pink color. Joints can be moved easily.

While bird roasts, simmer the giblets and neck until tender. Use enough salted water to cover. Cool and chop fine to add to gravy (p. 71), or save to use in creamed dish with left-over meat from the roast bird.

ROASTING GUIDE

Kind of bird	Ready-to-cook weight (with neck and giblets)	Large bread crumbs for stuffing	Approximate total time at 325° F. for chilled bird
	Pounds	*Quarts*	*Hours*
Chicken	1 1/2 to 2 1/2	1/4 to 1/2	1 1/4 to 2
	2 1/2 to 4 1/2	1/2 to 1 1/4	2 to 3 1/2
Duck	3 to 5	1/2 to 1	2 1/2 to 3
Goose	8 to 12	1 1/2 to 2 1/2	3 1/2 to 4 1/2
Turkey:			
Fryers or roasters (very young birds)	4 to 8	1 to 2	3 to 4 1/2
Roasters (fully grown young birds)	6 to 12	2 to 3	3 1/2 to 5
	12 to 16	3 to 4	5 to 6
	16 to 20	4 to 5	6 to 7 1/2
	20 to 24	5 to 6	7 1/2 to 9

Stuffing

Bread stuffing is popular for roast poultry. For making it, bread that is at least a day old is better than fresh.

The recipe for bread stuffing given below is based on 1 quart of ½-inch crumbs cut or torn from the loaf or from sliced bread. For the number of quarts to use for a bird the size you are cooking, see the Roasting Guide on page 40. Then multiply each ingredient in the recipe by this number.

1 quart bread crumbs
⅓ cup fat
¾ cup chopped celery
3 tablespoons chopped parsley
2 tablespoons chopped onion
½ teaspoon savory seasoning
½ to ¾ teaspoon salt
Pepper to taste

Melt fat in fry pan, add celery, parsley, and onion, and cook a few minutes.

Add to crumbs with the seasonings. Mix lightly but well.

For variety

Oyster stuffing.—Omit celery and reduce parsley and onion to 1 tablespoon each. Add ½ pint oysters, heated in their own liquid and drained.

Nut stuffing.—Omit parsley and savory seasoning and add ½ cup chopped nut meats—pecans, roasted almonds, filberts, or cooked chestnuts.

Broiled chicken

Plump young chicken, about 1½ to 2¼ pounds ready-to-cook (2 to 3 pounds dressed weight)
Melted fat
Salt and pepper
Flour

Prepare chicken for cooking according to directions on page 39.

Split the bird down the back and, if desired, cut into halves through the breastbone. Break joints and cut off wing tips.

Brush chicken on both sides with melted fat, sprinkle with salt and pepper, and dust lightly with flour.

Preheat the broiler and grease broiler rack lightly. Place chicken on the rack, skin side down, with highest part 4 to 5 inches from the heat.

Turn the bird several times as it browns so that it will cook evenly. Baste often with the pan drippings or other melted fat. Cook until well done—35 to 45 minutes.

If more convenient, cook the chicken partly done in the broiler and finish in a moderate oven (350° F.).

Menu suggestion

Serve with broiled tomatoes, creamed potatoes, and for dessert have lemon sponge.

For broiled tomatoes, brush cut sides of tomato halves with melted fat, season with salt and pepper, and broil with chicken for the last 10 to 15 minutes.

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Fried chicken

Plump young chicken, 1½ to 3 pounds ready-to-cook (2 to 4 pounds dressed weight)
Salt, pepper, flour
Fat

Prepare chicken for cooking according to the directions on page 39. Cut in serving pieces.

Season chicken with salt and pepper and roll in flour.

Heat fat (about ½-inch deep) in a heavy fry pan.

Put the thickest pieces of chicken in the fat first. Do not crowd—leave enough space for the fat to come up around each piece.

Cook slowly, turning often. Do not cover pan. The thickest pieces will take from 20 to 35 minutes to cook.

After the pieces have been browned, cooking may be finished in a moderate oven (350° F.) if more convenient.

French-fried chicken.—Cut a young chicken (about 1¾ pounds ready-to-cook weight) in quarters or smaller pieces. Dip in thin batter made with 1 cup sifted flour, 1 egg, ¾ cup milk, and ½ teaspoon salt.

Heat fat in a deep pan to 350° F. Fry chicken, a few pieces at a time, 10 to 15 minutes.

Menu suggestion

Serve with parsley potatoes, creamed onions, and wilted greens. For dessert have pumpkin chiffon pie.

Stewed chicken

Use a plump stewing chicken, 3 to 4 pounds ready-to-cook (4 to 5½ pounds dressed weight).

Prepare chicken for cooking according to the directions on page 39. Leave whole or cut in serving-size pieces.

To cook whole.—Place the bird on a rack in a deep pan. Add enough hot water to half cover the bird, and salt the water lightly. Cover the pan.

Cook over low heat until the chicken is tender (3 to 4 hours). Turn the bird occasionally for even cooking.

Cook giblets with the chicken, removing them as soon as done. Liver will be done first.

Stewed chicken is more moist if cooled in the broth, breast down, for an hour or so.

Thicken the broth for gravy. If desired, brush whole chicken with fat and brown in a moderate oven.

To cook in pieces.—Put pieces of chicken in a pan and add hot water just to cover. Season lightly with salt. Cover the pan.

Cook over low heat until done. Pieces take about as long to cook as a whole bird.

If you like, brown the pieces of chicken in a little hot fat in a fry pan before serving.

Menu suggestion

Serve with rice, jellied tomato salad, and spiced prune cake.

Creamed chicken

2 tablespoons table fat
½ cup chopped celery
1½ teaspoons chopped onion
1 tablespoon chopped green pepper
¼ cup flour
1½ cups chicken broth
½ cup milk or cream
1½ cups diced cooked chicken
Salt to taste

Heat the fat and cook the celery, onion, and green pepper in it until tender.

Blend the flour into the fat and vegetable mixture. Stir in the chicken broth and milk or cream and cook to a smooth sauce, stirring constantly.

Add chicken to sauce and season with salt.

Heat the mixture thoroughly and serve on rice, toast, or biscuits.

4 servings.

Menu suggestion

Serve with snap beans and shredded carrot and raisin salad. Have fruit sherbet and crisp cookies for dessert.

For variety

Creamed chicken with peas or mushrooms.—Omit onion and green pepper and add ½ cup cooked peas or ½ cup chopped mushrooms browned in fat.

Cooked turkey or giblets may be used instead of chicken.

Casserole of chicken with vegetables

Stewing chicken, 3 to 4 pounds ready-to-cook (4 to 5½ pounds dressed weight)
Salt and pepper
Flour
2 tablespoons fat
2 cups hot water
2 medium-sized carrots, sliced
1½ cups chopped celery
1 small onion, chopped
1 small green pepper, chopped

Cut chicken in serving pieces. Season with salt and pepper, sprinkle with flour.

Heat fat in a heavy pan and brown the chicken in it. Remove chicken to a casserole—or leave in the pan if it is suitable for oven use. Add hot water and ½ teaspoon salt. Cover closely.

Cook in the oven at 325° F. (slow) until almost tender—about 2½ hours. Add water as needed during cooking to keep liquid at original level.

Add vegetables and cook 30 minutes longer.

Mix 2 tablespoons flour with a little cold water. Add several spoonfuls of hot liquid from the casserole. Stir mixture into liquid in casserole. Cook 10 to 15 minutes longer.

6 to 8 servings.

Menu suggestion

Serve with lima beans and fruit salad on watercress, with tapioca pudding for dessert.

Fish

Fish brings delicacy of flavor and texture to a wide variety of main dishes. Recipes in this section add more goodness to fish with crispy crumbs . . . piquant mustard sauce . . . bread stuffing and bacon . . . onions . . . or nippy cheese.

Fish is a high-quality protein food, often economical, that deserves more use in our menus. Some 160 varieties of fish are sold in the United States but only about seven are well-known to the average homemaker.

Most fresh and frozen fish come in convenient fillets (slices of fish cut lengthwise away from the backbone) and steaks (crosswise slices). Fillets and steaks need no preparation before cooking and have no waste.

Buying pointers on fish will be found on page 23. Amounts of fish to buy per serving are given on page 19.

Keep uncooked fish well iced or in the coldest part of the refrigerator. Thaw frozen fish in a cold place or start cooking without thawing. Never refreeze fish after it thaws.

Cookery points

How to cook fish depends on their fat content. Best for baking and broiling are fat fish such as salmon, shad, mackerel, lake trout, and whitefish.

Lean fish such as cod, flounder, haddock, pike, rosefish, sea bass, striped bass, perch, and carp are preferred for cooking in water because they are firmer after cooking. But they may be baked or broiled if basted with melted fat. Both fat and lean fish are suitable for frying.

Most important point in fish cookery—don't overcook. Cook just until flesh can be easily flaked.

Canned fish

In using canned fish, the more attractive higher grades are better for salads or serving plain. For such dishes as casseroles or fish cakes, lower grades will do. They are just as nutritious and flavorful as top quality.

The oil or salty liquid from canned fish adds flavor and food value to sea food dishes. Use the oil, for instance, as fat in the white sauce in making creamed tuna fish. Brine may be part of the liquid in jellied fish salad.

Pan-fried fish

1 pound fish fillets or steaks or small dressed fish
Salt and pepper
1 tablespoon water
1 egg, beaten
Fine crumbs or corn meal
Fat

Cut fillets or steaks in serving pieces; leave small fish whole. Season on both sides with salt and pepper.

Add water to beaten egg. Dip fish in egg mixture, then in crumbs or corn meal. (The egg helps make a crisp crust, but may be omitted.)

Heat fat—about ⅛ inch deep—in a heavy pan.

Fry the fish slowly until brown on one side; turn and fry on the other side.

Cooking time will be 10 minutes or more, depending on the thickness of the fish.

4 servings.

French-fried fish.—Prepare fish fillets or steaks as for pan frying. Half fill a deep kettle with melted fat or oil. Heat to 375° F. (hot enough to brown a 1-inch cube of bread in 40 seconds). Place fish in a wire frying basket and cook in the hot fat until browned—3 to 5 minutes.

Menu suggestion

Serve with creamed potatoes, snap beans, and cucumber slices with sour cream dressing. Have gingerbread for dessert.

Oven-fried fish

1 pound fish fillets or steaks
½ cup milk
½ tablespoon salt
½ cup fine bread crumbs
2 tablespoons melted fat

Cut fish in serving pieces. Dip it in milk, with salt added, and roll in crumbs.

Place fish in a greased baking pan and pour the fat over it.

Bake at 500° F. (extremely hot oven) until fish is tender and brown—about 10 minutes.

4 servings.

Menu suggestion

Serve with stuffed baked potatoes, baked tomatoes, apple salad, and peach cobbler.

Poached fish

Cut 1 pound fish fillets into serving pieces.

Tie the fish in a piece of cheesecloth and lower it into boiling salted water (3 tablespoons salt to 2 quarts water).

Reduce heat and cook slowly about 10 minutes.

4 servings.

Menu suggestion

Serve with tomato sauce, hash-browned potatoes, creamed celery, snap bean salad, and cookies.

Poached fish may also be used in salad or in creamed or baked dishes.

Broiled fish

1 pound fish fillets or steaks or small dressed fish
Salt and pepper
3 to 4 tablespoons melted fat

Preheat broiler.

Cut fillets or steaks into serving pieces; split dressed fish down the back. Sprinkle with salt and pepper.

Grease broiler rack lightly. Place fish on rack, skin side up. Brush with melted fat.

Place rack 2 to 3 inches from heat. Broil fish 5 to 8 minutes or until brown. Baste with fat. Turn, baste other side, and broil until brown.

4 servings.

Menu suggestion

Serve with rice, spinach, grapefruit salad, and have jelly roll for dessert.

Baked stuffed fish

3- or 4-pound dressed fish
1½ teaspoons salt
Bread stuffing made with 1 quart crumbs (p. 41)
4 tablespoons melted fat
3 slices bacon, if desired

Wash and dry the fish. Sprinkle inside and out with salt.

Fill body cavity of fish loosely with stuffing. Sew the opening with needle and cord or close with skewers.

Place fish in greased pan; brush with fat. Lay bacon over top.

Bake at 350° F. (moderate oven) 40 to 60 minutes.

6 to 8 servings.

Menu suggestion

Serve with tartar sauce, scalloped potatoes, peas and celery, and tossed green salad. Baked apples make a good dessert.

For variety

Bake fish without stuffing. Serve with tomato sauce and mashed potatoes.

Fish steaks baked in mustard sauce

4 individual fish steaks
1 tablespoon melted fat
1 tablespoon flour
Salt and pepper to taste
½ teaspoon dry mustard
¾ cup milk
¼ cup crumbs mixed with fat

Place steaks in a greased shallow pan.

In a saucepan, blend fat and flour, add seasonings and milk. Cook, stirring, until thickened.

Pour this sauce over fish and sprinkle with crumbs.

Bake at 350° F. (moderate oven) 30 to 35 minutes.

4 servings.

Menu suggestion

Serve with golden potatoes, panned cabbage, jellied tomato salad, and banana cream pie.

Savory fish loaf

2 cups flaked cooked fish or 14-ounce can
1½ cups soft bread crumbs
¾ cup cooked or canned tomatoes
1 egg, beaten
2 tablespoons melted fat
1 tablespoon minced onion
¼ teaspoon savory seasoning
Salt and pepper to taste

Combine all ingredients, pack into greased loaf pan.

Bake at 350° F. (moderate oven) until firm—about 45 minutes.

6 servings.

Menu suggestion

Serve with pickle relish, baked sweetpotatoes, lettuce salad, and baked custard.

Fish shortcake

2 to 3 tablespoons chopped onion
4 tablespoons fat
4 tablespoons flour
2 cups milk
⅓ cup grated cheese
1½ cups flaked cooked fish
Salt and pepper to taste
Hot biscuits or corn bread

Cook onion slowly in the fat until tender. Blend in the flour. Add milk slowly, stirring constantly, and cook until the sauce is thickened.

Add cheese and fish. Season with salt and pepper.

Heat the mixture through, stirring occasionally. Serve on hot biscuits or corn bread.

4 servings.

Menu suggestion

Serve with broccoli and stuffed tomato salad, with upside-down cake for dessert.

For variety

Salmon potpie.—Prepare fish mixture as above, using cooked or canned salmon. Turn it into a greased baking dish, top with unbaked biscuits, and bake at 425° F. (hot oven).

Fish and egg croquettes

1½ cups flaked cooked or canned fish
2 hard-cooked eggs, chopped
1 cup thick white sauce (p. 70)
Salt, pepper, lemon juice
Fine dry crumbs

Add fish and eggs to sauce, season to taste with salt, pepper, and lemon juice. Chill.

Shape mixture into eight croquettes. Roll in crumbs.

Heat fat in a deep pan to 390° F. (a 1-inch cube of bread browns in 20 seconds). Fry the croquettes about 2 minutes.

4 servings.

Menu suggestion

Serve with creamed peas and stewed tomatoes, a relish plate, and lime chiffon pie.

Eggs, cheese, dry beans

The golden protein dishes made with eggs and cheese are happy choices when meat, poultry, and fish take a holiday from your table. Beans too have substantial goodness for main dishes plus the special virtue of economy.

These main dishes, many of them oven-baked, provide for servings of ¾ cup each.

Eggs . . . in shell, poached, fried, baked

Eggs cooked in shell.—Wash eggs, put them in a pan; cover completely with cold water.

For soft-cooked eggs, heat water slowly to simmering. Cover pan and remove from heat. Let stand 3 to 5 minutes, the longer time for larger number of eggs.

For hard-cooked eggs, bring water to simmering and simmer 25 to 30 minutes. Do not let the water boil. Serve the eggs hot or plunge them at once into cold water.

Poached eggs.—Have salted water boiling gently in a shallow pan. Break eggs into a saucer, one at a time, and slip them into the water.

Reheat water to simmering, take pan from heat, and cover. Let stand 5 minutes, or until eggs are of desired firmness.

Fried eggs.—Heat fat in a fry pan. Break eggs into a saucer, then slip them into the fat. Sprinkle with salt and pepper. Cook over low heat until whites are firm.

To cook the tops, dip hot fat over eggs. Or cover pan tightly. Or flip the eggs over after they have begun to set.

Baked eggs.—Break eggs into a shallow greased baking dish. Add 1 tablespoon milk for each egg and dot with fat. Sprinkle with salt and pepper. Cover the pan.

Bake at 325° F. (slow oven) 20 to 25 minutes, or until eggs are of desired firmness.

Egg and potato scallop

1 cup thin white sauce (p. 70)
1 tablespoon minced parsley
2 or 3 medium-sized cooked potatoes, sliced
4 to 6 hard-cooked eggs, sliced
Salt and pepper to taste
Soft bread crumbs

Make white sauce. Add parsley.

Place alternate layers of potatoes and eggs in a greased baking dish, sprinkle with salt and pepper, and pour the white sauce over. Sprinkle with bread crumbs.

Bake at 375° F. (moderate oven) 15 to 20 minutes.

4 servings.

Menu suggestion

Serve with broccoli and a tart green salad, with apple pie and cheese for dessert.

Poached egg surprise

1 cup milk
2 tablespoons table fat
2 tablespoons flour
¼ teaspoon salt
2 tablespoons chopped green pepper
4 slices toast
Soft sharp cheese
4 eggs

Make white sauce of milk, fat, flour, and salt by method given on page 70. Add green pepper.

Spread the toast thickly with cheese.

Poach eggs until firm (p. 48). Place on the toast and pour hot sauce over all. Serve at once.

4 servings.

Menu suggestion

Serve with snap beans, stuffed tomato salad, and chocolate cake.

Deviled eggs

Peel shells from warm hard-cooked eggs (p. 48). Cut eggs in half crosswise or lengthwise.

Mash warm yolks; season with salt, pepper, melted fat, a little mustard and vinegar. Or mix with salad dressing, salt, and pepper.

Fill whites with mixture and garnish with parsley.

Menu suggestion

Serve with potato chips, asparagus, fresh vegetable salad, and orange chiffon pie.

Eggs creole

3 tablespoons chopped onion
3 tablespoons chopped green pepper
2 tablespoons melted fat
1½ cups cooked or canned tomatoes
⅔ cup water
⅓ cup uncooked rice
½ teaspoon salt
Pepper
4 eggs

Cook the onion and green pepper in fat in a large fry pan until the onion is lightly browned. Add the tomatoes and water and heat to boiling.

Add the uncooked rice, salt, and pepper. Cover and cook over low heat until rice is tender—25 to 30 minutes. Stir occasionally with a fork to keep from sticking. If the rice becomes dry, add a little more water.

Drop eggs on rice, cover; simmer 5 to 10 minutes, or until eggs are as firm as desired.

4 servings.

Menu suggestion

Serve with sausages or bacon, and green lima beans, with stewed dried or fresh fruit and cookies or cake for dessert.

For variety

Instead of poaching eggs on the rice, top the cooked mixture with 4 to 6 quartered or sliced hard-cooked eggs.

Scrambled eggs with cottage cheese

1 tablespoon fat
½ teaspoon salt
Pepper
¼ cup milk
6 eggs, slightly beaten
¾ cup cottage cheese
4 slices toast

Heat fat in fry pan.

Stir seasonings and milk into eggs. Pour into fry pan and cook slowly, stirring occasionally.

When eggs are thickened, mix in the cottage cheese.

Serve at once on toast.

4 servings.

Menu suggestion

Serve with hash-browned potatoes, lettuce salad, and cherry or berry pie.

Baked eggs in pepper rings

4 large green pepper rings about ½ inch thick
4 eggs
Salt and pepper
4 tablespoons milk
Crumbs mixed with fat

Cook green pepper rings in lightly salted water for 5 minutes. Drain.

Place rings in hot greased shallow baking dish. Break an egg into each ring.

Sprinkle with salt and pepper. Pour a tablespoon of milk over each egg. Cover with crumbs.

Bake at 350° F. (moderate oven) until the eggs are set—20 to 25 minutes.

4 servings.

Menu suggestion

Serve with potatoes in cheese sauce, fresh tomato wedges, and apple brown betty.

Tomato rabbit

2 tablespoons fat
½ small onion, chopped
⅓ cup finely cut celery
½ small green pepper, chopped
1½ tablespoons flour
1½ cups cooked or canned tomatoes
½ teaspoon salt
1½ cups grated cheese
2 eggs, well beaten
Toast or crackers

Melt fat in a heavy fry pan. Cook onion, celery, and green pepper in it a few minutes. Blend in flour. Add tomatoes and salt. Cook until thickened, stirring often.

Remove from heat; add cheese. Stir until cheese is melted.

Stir some of the mixture into eggs. Pour back into fry pan and cook until thickened.

Serve on toast or crackers.

4 servings.

Menu suggestion

Serve with cauliflower and relishes, with fresh or stewed fruit and cookies for dessert.

Macaroni baked in cheese sauce

Put 2 cups cooked macaroni in a greased baking dish. (Spaghetti or noodles may be used instead of macaroni.) Cover with 2 cups cheese sauce (p. 70). If desired, top with crumbs mixed with fat.

Bake at 350° F. (moderate oven) until heated through—about 15 minutes.

4 servings.

Menu suggestion

Serve with spinach and hard-cooked eggs, pineapple slices on lettuce, and have chocolate cake for dessert.

Cheese-rice timbales

¼ cup finely chopped green pepper
1 tablespoon finely chopped onion
2 tablespoons melted fat
1 tablespoon flour
¾ cup milk
½ teaspoon salt
½ teaspoon dry mustard
¼ pound cheese, grated (about 1 cup)
2 eggs, beaten
1 cup cooked rice

Cook green pepper and onion in fat until tender.

Blend in flour; add milk and cook, stirring constantly, until thickened. Add the salt and mustard.

Remove from heat. Add cheese and stir until it is melted. If necessary, place pan over very low heat to melt cheese.

Stir sauce into eggs; add rice. Turn into greased custard cups.

Bake at 350° F. (moderate oven) 35 minutes or until firm.

Unmold and serve plain or with tomato sauce (p. 71).

4 servings.

Menu suggestion

Serve with snap beans, coleslaw, and spiced prune cake.

Peanut-cheese loaf

⅔ cup cooked oatmeal, wheat cereal, or rice
¼ cup chopped green pepper
3 tablespoons minced onion
1 teaspoon salt
2 teaspoons lemon juice
1 cup chopped salted peanuts
⅔ cup fine crumbs
¼ pound cheese, grated (about 1 cup)
1 egg
⅓ cup milk

Combine all ingredients.

Put mixture into a greased loaf pan and bake at 350° F. (moderate oven) about 1 hour. Serve hot with mushroom or tomato sauce.

4 servings.

Menu suggestion

Serve with succotash, stuffed celery, and orange bavarian cream.

Corn and cheese fondue

1/3 cup bread cubes
1 1/2 cups cream-style corn
2 teaspoons minced onion
2 teaspoons chopped green pepper
3/4 cup finely grated cheese
1/2 teaspoon salt
2 eggs, well beaten
1/2 cup hot milk

Blend all ingredients.

Pour the mixture into a greased loaf pan and set in a pan of hot water.

Bake at 350° F. (moderate oven) until set—about 1 hour.

4 servings.

Menu suggestion

Serve with brussels sprouts, broiled tomatoes with bacon strips, celery, and olives, and fruit tapioca.

Spaghetti and cabbage with cheese sauce

3/4 cup spaghetti broken in inch pieces
1 1/2 tablespoons table fat
1 1/2 tablespoons flour
1/2 teaspoon salt
1 cup milk
1/4 pound cheese, grated (about 1 cup)
2 cups shredded cabbage
Crumbs mixed with melted fat

Cook the spaghetti in lightly salted boiling water until tender. Drain.

Make a sauce of the fat, flour, salt, and milk. Remove sauce from the heat and add the cheese, stirring until cheese is melted.

Place alternate layers of spaghetti and cabbage in a greased baking dish or pan. Pour sauce over the top and sprinkle with the crumbs. Cover.

Bake about 40 minutes at 350° F. (moderate oven), removing cover for last 15 minutes.

4 servings.

Menu suggestion

Serve with parslied carrots, mixed vegetable salad, and broiled grapefruit for dessert.

Boston baked beans

2 cups navy beans
1 1/2 quarts cold water
1/4 pound salt pork
4 tablespoons molasses
1 to 2 teaspoons salt
1/2 teaspoon mustard
Hot water

Wash beans. Add water, boil 2 minutes, then remove from heat, and let soak 1 hour. Or, add water and let soak overnight in cool place.

Boil soaked beans gently in the same water for 45 minutes or until they begin to soften.

Make cuts through rind of the pork about 1/2 inch apart. Put half the pork in a bean pot or deep baking dish. Add beans and bury rest of the pork in them, exposing only the scored rind.

Mix molasses, salt, and mustard with a little hot water. Pour over

the beans, and add enough hot water to cover beans. Cover bean pot.

Bake at 250° F. (very slow oven) 6 or 7 hours; add a little hot water from time to time.

During the last hour of baking remove the lid to let the beans brown on top.

6 to 8 servings.

Menu suggestion

Serve with frankfurters or cold cuts and brown bread, and a relish plate of raw cauliflower, green pepper strips, and celery, with fresh fruit for dessert.

Bean sausages

2 cups cooked dry beans
⅔ cup bread cubes
1 egg, beaten
½ teaspoon sage or savory seasoning
Salt and pepper to taste
Milk
Fine dry crumbs

Mash the beans. Mix them well with the bread cubes and egg. Add the seasonings and moisten with milk.

Shape the mixture in the form of sausages and roll in crumbs.

Brown in a little hot fat, turning to form a good crust all over. Cook slowly about 20 minutes.

4 servings.

Menu suggestion

Serve with panned cabbage; carrot, celery, and onion salad; and banana cream pie.

Lima beans in tomato sauce

1 cup dry lima beans
3 cups water
¾ teaspoon salt
1 cup cooked or canned tomatoes
½ cup chopped onion
4 slices bacon

Wash beans. Add water, boil 2 minutes, then remove from heat and let soak 1 hour. Or, add water and let soak overnight in a cool place.

Add ½ teaspoon salt to beans and boil gently in the same water 45 minutes. Drain.

To bake.—Put onion and beans in a greased baking dish. Add tomatoes and rest of salt. Arrange bacon strips on top.

Bake at 350° F. (moderate oven) until beans are tender and most of the liquid has been absorbed—45 minutes to 1 hour.

To cook on top of stove.—Soak, boil, and drain the beans as above. Chop bacon and brown it with the onion in fry pan. Add beans, tomatoes, and salt.

Boil gently until beans are tender—about 30 minutes—stirring occasionally to keep from sticking. Add a little water or more tomato if the mixture gets too dry.

4 servings.

Menu suggestion

Serve with peanut butter biscuits, tossed green salad with cottage or other cheese, and have ice cream for dessert.

Vegetables

Green, gold, red, and creamy white—whatever their hue, vegetables give the menu planner a wide range to choose from. Many of them are rich with vitamins and minerals too.

The skill of a good cook lies in cooking vegetables to retain these valuable nutrients. Fortunately, well-cooked vegetables are prettier and more colorful. Here are some rules:

1. Trim sparingly such greens as cabbage, head lettuce, chicory. Dark outer leaves are rich in iron, calcium, and vitamins.

2. Cook potatoes in their skins to start such dishes as hash-browned potatoes or potato salad. Jackets keep nutrients in.

3. Cook vegetables quickly and serve hot. The longer vegetables are exposed to heat and air, the more vitamin C they lose.

4. Use as little cooking water as possible and save the liquids. These and liquids from canned vegetables contain vitamin C, the B vitamins, and iron which escape into the water. Use any left-over liquids to flavor soups and gravies.

Cooking times

In using the Boiling Guide for Fresh Vegetables on the opposite page, remember that vegetables may call for shorter or longer cooking than given, depending on quality and variety. The altitude at which you live will also affect boiling times.

Cook frozen vegetables according to directions on the package. Commercially canned vegetables need only reheating. Home-canned vegetables should be brought to a rolling boil and boiled at least 10 minutes. Boil home-canned spinach and corn 20 minutes.

Be especially careful not to overcook vegetables when using a pressure cooker. Even a few seconds' overcooking can lower eating quality and nutritive value. Follow the cooking times that come with your cooker. For very fresh and tender vegetables, you may be able to cut the time.

How to choose high-quality vegetables is given on page 25. Number of servings per pound is given on page 20; storage pointers are on page 27.

Recipes given here provide about ½ cup vegetable per serving.

BOILING GUIDE FOR FRESH VEGETABLES

Vegetable	Boiling time (minutes)
Asparagus	10–20
Beans:	
Lima	20–30
Snap, 1-inch pieces	15–30
Beets:	
Young, whole	30–45
Older, whole	45–90
Sliced or diced	15–25
Broccoli, separated	10–20
Brussels sprouts	10–20
Cabbage:	
Shredded	3–10
Quartered	10–15
Carrots:	
Young, whole	15–25
Older, whole	20–30
Sliced	10–20
Cauliflower:	
Separated	8–15
Whole	20–30
Celery, cut up	15–20
Collards, whole	10–20
Corn, on cob	5–15

Vegetable	Boiling time (minutes)
Greens:	
Beet, young	5–15
Dandelion	10–20
Kale	10–25
Turnip	10–30
Kohlrabi, sliced	20–25
Okra, whole or sliced	10–20
Onions, whole or half	15–30
Parsnips:	
Whole	20–40
Quartered	10–20
Peas	8–20
Potatoes, whole or half	25–45
Rutabagas, pared, cut up	20–30
Squash:	
Summer, sliced	10–20
Winter, cut up	20–40
Spinach, whole	3–10
Sweetpotatoes, whole	25–35
Swiss chard	10–20
Tomatoes, cut up	7–15
Turnips:	
Cut up	10–20
Whole	20–30

Ways to serve boiled vegetables

Hot, seasoned.—Any vegetable or a combination of two or more such as carrots and peas, or snap beans with celery and onions.

Drain vegetables, except tomatoes, and season with salt, pepper, and fat. Or mix with a little chopped cooked bacon or ham. For extra flavor add parsley, thyme, or other herb.

Mashed.—Potatoes, sweetpotatoes, turnips, rutabagas, kohlrabi, carrots, winter squash.

Drain the cooked vegetable and mash in cooking pan or put through food press. Add hot milk or cream to moisten if needed. Season with salt, pepper, and table fat. Beat until fluffy.

Creamed or scalloped.—Peas, carrots, celery, cabbage, asparagus, broccoli, potatoes, snap beans, onions, lima beans, cauliflower, spinach.

For four servings use 1 cup thin or medium white sauce (p. 70) with 2 cups cooked vegetable.

To cream, simply mix vegetables with white sauce and heat thoroughly. Potatoes and lima beans, because they are drier than the other vegetables, are usually preferred with the thin sauce.

To scallop, combine vegetables and white sauce, put in a baking dish. Top with crumbs or bread cubes mixed with melted fat, and bake at 350° F. (moderate oven) until the mixture is heated through and the crumbs are browned.

Fried or browned.—Potatoes, sweetpotatoes, parsnips.

Cut cooked vegetables in half, or slice or dice them. Heat 2 or 3 tablespoons table fat or drippings in a fry pan and add vegetables. Brown lightly, turning frequently.

Glazed.—Sweetpotatoes, carrots, parsnips, onions.

Melt 2 tablespoons fat in a heavy fry pan. Add ¼ cup brown sugar and 1 tablespoon water, and blend.

Add 2 cups drained cooked sweetpotatoes, carrots, or parsnips, cut in strips or large pieces. Cook over low heat, turning several times, until the sirup is very thick and the vegetables are well-coated—15 to 20 minutes.

For glazed onions, prepare 1 quart sliced raw onions. Blend 2 tablespoons fat and ¼ cup brown sugar in a fry pan as above, but omit the water. Add the onions and cook over low heat, turning frequently, until tender—20 to 30 minutes.

4 servings.

"Raw-fried" vegetables

Onions, potatoes, or carrots may be used.

Peel onions; scrape or pare potatoes or carrots. Slice the vegetable thin. For four servings use 1 quart onions or 2 cups potatoes or carrots.

Heat 2 tablespoons fat in a heavy fry pan. Add vegetable. Cover closely and cook over moderate heat 20 to 30 minutes or until tender, turning several times for even browning.

Panned vegetables

Use cabbage, kale, collards, spinach, okra, or summer squash.

Finely shred cabbage, kale, collards, or spinach. Slice okra or summer squash thin.

For four servings use 2 quarts spinach; 1 quart cabbage, kale, or collards; 3 cups okra or summer squash. Measure vegetable after cutting.

Heat 2 tablespoons table fat or drippings in a heavy fry pan. Add vegetable and sprinkle with salt. Cover pan to hold in steam. Cook over low heat; stir once in a while to keep from sticking.

Cabbage will be done in 5 to 10 minutes; other vegetables take longer.

Vegetable souffle

½ tablespoon finely chopped onion
½ tablespoon finely chopped green pepper
1 tablespoon finely chopped celery
2 tablespoons melted fat
2 tablespoons flour
½ cup milk
½ teaspoon salt
Pepper to taste
¾ cup diced cooked vegetables
2 eggs, separated

Brown the onion, green pepper, and celery lightly in the fat. Blend in flour and add milk. Cook over low heat, stirring constantly, until thickened. Season with salt and pepper.

Stir vegetables into sauce; add hot mixture to beaten egg yolks.

Beat egg whites stiff but not dry. Fold in vegetable mixture. Pour into greased baking dish.

Bake at 325° F. (slow oven) 40 to 50 minutes or until set.

4 servings.

Wilted greens

Melt 2 tablespoons drippings in heavy pan. Add a little chopped onion, and cook until soft and yellow. Stir in ¼ cup vinegar, then add 1 quart leaf lettuce or other greens washed and cut. Cover and heat a few minutes until greens are wilted. Season with salt and pepper. Serve hot. 4 servings.

Scalloped asparagus and spaghetti

Spaghetti (about ¼ of 8-ounce package)
1 cup drained cooked or canned asparagus
1 cup thin white sauce (p. 70)
Seasonings to taste
Crumbs mixed with fat

Cook spaghetti in boiling salted water; drain.

Place alternate layers of spaghetti and asparagus in a greased baking dish.

Season white sauce and pour over spaghetti and asparagus.

Sprinkle with crumbs and bake at 350° F. (moderate oven) until golden brown—about 20 minutes.

4 servings.

Spanish snap beans

1 tablespoon fat
1 tablespoon chopped onion
1/3 cup chopped green pepper
1 cup cooked or canned tomatoes
1 1/2 cups cooked or canned snap beans
Salt and pepper
Toasted bread cubes

Heat the fat and brown the onion and green pepper in it. Add tomatoes and cook slowly about 15 minutes.

Add beans and season to taste with salt and pepper.

Heat thoroughly. Turn into serving dish and top with bread cubes.

4 servings.

Beets in honey sauce

1 tablespoon cornstarch
1/2 teaspoon salt
1 tablespoon water or beet juice
2 tablespoons vinegar
1/4 cup honey
1 tablespoon table fat
2 cups diced or sliced beets, cooked or canned (No. 2 can)

Mix the cornstarch and salt. Blend in the water or juice from canned beets. Add vinegar, honey, and fat. Cook slowly, stirring constantly, until thickened.

Add sauce to beets; let stand at least 10 minutes to blend flavors. Reheat.

4 servings.

Cauliflower au gratin

1 medium-sized cauliflower
1/2 cup grated cheese (about 2 ounces)
1 cup hot medium white sauce (p. 70)
Fine crumbs mixed with fat

Cook cauliflower in lightly salted boiling water until just tender—20 to 30 minutes. Drain. Place in greased baking dish.

Stir cheese into hot white sauce and pour sauce over cauliflower. Sprinkle crumbs over top.

Bake at 350° F. (moderate oven) about 20 minutes, or until crumbs are brown.

4 servings.

Corn pudding

1 1/3 cups drained whole-kernel corn
2 eggs, beaten
1 tablespoon melted fat
1 1/3 cups milk
1/4 teaspoon salt
Pepper

Mix corn, eggs, fat, and milk. Season with salt and pepper.

Pour into greased baking dish and set in a pan of hot water.

Bake at 350° F. (moderate oven) until set—50 to 60 minutes.

4 servings.

NOTE: 1 egg and 2/3 cup soft bread crumbs may be used instead of 2 eggs. With cream-style corn use 1 1/2 cups corn and reduce milk to 1/3 cup.

Scalloped corn

2 cups cooked or canned whole-kernel corn, drained
Salt and pepper
1 cup thin white sauce (p. 70)
Fine crumbs mixed with table fat

Put corn into a greased baking dish. Season, add sauce, top with crumbs.

Bake 30 to 45 minutes at 350° F. (moderate oven).

4 servings.

Scalloped eggplant

1 medium-sized eggplant
4 tablespoons table fat
2 tablespoons chopped green pepper
2 tablespoons chopped onion
2 cups cooked or canned tomatoes
1 teaspoon salt
Pepper
¾ cup bread cubes

Pare the eggplant and cut it into small even pieces.

Melt 2 tablespoons of the fat in a fry pan. Brown green pepper and onion in the fat.

Add tomatoes, salt, pepper, and eggplant; simmer 10 minutes. Pour into greased baking dish.

Melt rest of fat and mix with bread cubes. Spread over top of eggplant mixture.

Bake at 350° F. (moderate oven) 20 minutes or until eggplant is tender and bread cubes are brown.

4 servings.

Stewed okra and tomatoes

2 tablespoons bacon drippings or other fat
1 small onion, chopped
2 cups sliced okra
2 cups cooked or canned tomatoes
½ teaspoon salt
Pepper

Melt fat in fry pan. Brown onion and okra slightly, stirring as it cooks.

Add tomatoes and salt.

Cook over moderate heat until vegetables are tender and mixture is thick—about 20 minutes. Stir occasionally to prevent sticking.

Season with pepper and more salt, if needed.

4 servings.

For variety

Add 3 tablespoons rice with the tomatoes. Cook until rice is tender—20 to 30 minutes. Add a little water if needed.

Baked onions

Peel medium-sized sweet onions; cut in half crosswise. Place in baking dish, sprinkle with salt and pepper, and dot with table fat. Add enough water to cover bottom of dish.

Cover and bake at 375° F. (moderate oven) about 30 minutes. Top with crumbs and bake uncovered 15 to 20 minutes longer, until crumbs are brown and onions tender.

Stuffed green peppers

4 medium-sized green peppers
2 tablespoons fat
1/4 cup chopped celery
1 cup cooked rice
2 ounces cheese, grated (about 1/2 cup)
1/4 teaspoon salt
Crumbs mixed with melted fat

Cut out stem ends of peppers, and remove seeds. Boil peppers 5 minutes in salted water; drain.

Heat fat and cook celery in it until tender. Mix with rice and cheese; add salt.

Fill pepper cups with the rice mixture; top with crumbs. Place peppers in a half inch of hot water in a baking dish.

Bake at 350° F. (moderate oven) until peppers are tender and crumbs browned—about 30 minutes.

4 servings.

Golden potatoes

4 medium-sized potatoes
3 tablespoons melted table fat
1/3 cup crushed dry breakfast cereal
1/2 teaspoon salt

Boil potatoes in jackets 20 to 30 minutes or until almost done. Peel.

Coat each potato with melted fat and roll in cereal mixed with salt.

Place on greased baking sheet and bake at 500° F. (extremely hot oven) about 30 minutes.

4 servings.

Scalloped potatoes

2 medium-sized potatoes, pared and sliced
1 tablespoon flour
1/2 teaspoon salt
Pepper
2 tablespoons table fat
3/4 cup hot milk

Place half the potatoes in a greased baking dish, sprinkle with half the flour, salt, and pepper, and dot with half the fat. Repeat with the other half of the ingredients.

Pour milk over the top and cover the baking dish.

Bake at 350° F. (moderate oven) 30 minutes. Uncover and bake about 30 minutes longer, until potatoes are done and browned on top. Add more milk during cooking if potatoes become dry.

4 servings.

Baked stuffed potatoes or sweetpotatoes

Select medium-sized potatoes or sweetpotatoes. Rub with fat if soft skin is desired.

Bake at 425° F. (hot oven) until soft—35 to 60 minutes, depending on size.

Cut slice off top of potato, scoop out inside. Mash potato and season with salt and table fat. Add pepper and hot milk to white potatoes, brown sugar and cinnamon to sweetpotatoes.

Stuff shells with the mashed potato and put back in oven a few minutes to brown.

Scalloped sweetpotatoes and oranges

2 medium-sized sweetpotatoes, cooked, peeled, and sliced
1 large orange, peeled and sliced
1 tablespoon grated orange rind
Salt
2 tablespoons sugar
2 tablespoons table fat
1/3 cup orange juice

Place a layer of sweetpotatoes in a greased baking dish, add a layer of orange slices. Sprinkle with orange rind, salt, and sugar, and dot with fat.

Repeat until all ingredients are used. Pour orange juice over the top. Cover dish.

Bake at 350° F. (moderate oven) 45 minutes to 1 hour.

4 servings.

Baked squash

Cut acorn squash in half, Hubbard squash in 3- or 4-inch squares.

Place squash in a baking pan, cut side down. Pour a little water into the pan.

Bake at 350° F. (moderate oven) until partly done—about 30 minutes for acorn squash, 1 hour for Hubbard.

Turn pieces over, sprinkle with salt and brown sugar, and dot with table fat.

Continue baking until squash is soft—about 20 minutes for acorn squash, 40 minutes for Hubbard.

Spinach au gratin

1/2 pound spinach, chopped fine
2 ounces cheese, grated (about 1/2 cup)
3/4 cup hot medium white sauce (p. 70)
Slices of crisped bacon
Crumbs mixed with table fat

Cook the spinach a few minutes in a covered pan without added water.

Add cheese to hot white sauce and stir until melted.

Mix spinach and sauce and pour into a baking dish. Crumble the bacon over the top and sprinkle with crumbs.

Bake at 350° F. (moderate oven) until crumbs are brown—about 20 minutes.

4 servings.

Baked tomatoes

Wash medium-sized tomatoes, ripe or green, and cut off the stem ends.

Place tomatoes in a baking dish, sprinkle with salt and pepper, and dot with table fat. Add just enough water to cover bottom of dish.

Cover and bake at 375° F. (moderate oven) until tomatoes are soft—about 30 minutes for ripe tomatoes, 45 minutes for green.

If you like, sprinkle crumbs mixed with table fat over tops of tomatoes when they are about half done, and finish baking with dish uncovered to brown the crumbs.

Salads and salad dressings

Salads bring fruits and vegetables to the table crisp, cool, and color-bright. With greens, fresh vegetables, or gay fruit, they add a light touch. Or they may be the sturdy kind that feature such items as meat, potatoes, cheese, or beans.

Light salads are usually served in portions of about ½ cup. Heavier salads, often used as main dishes, may provide about 1 cup for each serving.

Start with good fruits and vegetables

Selecting top-quality fruits and vegetables in market or garden is a good start toward a good salad. Crisply fresh food has eye and taste appeal, and the best nourishment, besides.

Watch for smooth, colorful skins on apples, plums, cucumbers, if they are to join the salad with jackets on.

Give salad foods the best kitchen care to avoid bruising and hold freshness. If prepared ahead of time, store salad ingredients without dressing in refrigerator. Keeping them cool saves nutrients.

How to select fruits and vegetables is given on page 25. Suggestions on storing them will be found on page 27.

What kind of dressing?

What shall it be—sweet or tart, thick or thin—for the salad dressing? The answer lies in your family's taste.

Main-dish salads made with meat, fish, poultry, eggs, beans, cheese, or potatoes usually call for a mayonnaise-type or cooked salad dressing. But some of these more substantial salads are good with tart french dressing—salad oil combined with lemon juice or vinegar plus seasonings.

Tart french dressing is the most likely choice for vegetable salads and vegetable-fruit combinations. But some vegetable salads may well take a mayonnaise or cooked dressing.

Reserve the sweet clear french dressings for fruit salads. Mayonnaise made milder with whipped cream or thinned and sweetened with fruit juice is good for fruit salads too.

For appetite appeal

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and vegetable combinations

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.

Jellied meat salad

3½ teaspoons gelatin
3 tablespoons cold water
1 cup hot broth (from meat or poultry) or canned consomme
1 teaspoon onion juice
Salt to taste
1 tablespoon vinegar or lemon juice
1 cup chopped cooked meat or poultry
¼ cup cooked or canned peas
2 tablespoons chopped celery
2 tablespoons sliced pimiento

Sprinkle gelatin on water and soak a few minutes. Dissolve in hot broth.

Add onion juice, salt, and vinegar or lemon juice. Chill until thick enough to hold solid food in place.

Stir in meat, peas, celery, and pimiento. Pour into small loaf pan or individual molds and chill until firm.

4 servings.

Menu suggestion

Serve as the main dish with creamed vegetable, crisp relishes, custard pie.

For variety

Jellied fish salad.—Use flaked fish instead of meat. Make gelatin base with water, tomato juice, cooking liquid from poached fish (p. 45), or brine from canned salmon. Chopped cucumber and sliced olives may take the place of celery and pimiento.

Peanut-prune salad

12 cooked prunes
⅓ cup cottage cheese
1 teaspoon grated orange rind
2 tablespoons chopped peanuts
Salt to taste
Mayonnaise

Pit and chill prunes.

Combine cottage cheese, orange rind, peanuts, and salt.

Moisten this mixture with mayonnaise dressing and stuff into prunes.

Serve on salad greens.

4 servings.

Pineapple-cottage cheese mold

2 teaspoons gelatin
3 tablespoons cold water
1 cup pineapple juice or pineapple juice plus water
2 tablespoons lemon juice
2 tablespoons sugar
Pinch of salt
½ cup drained crushed pineapple (9-ounce can)
⅓ cup finely chopped celery
⅓ cup cottage cheese

Sprinkle gelatin on cold water and soak a few minutes. Heat fruit juices, add sugar, salt, and gelatin. Stir until gelatin is dissolved.

Chill until thick enough to hold solid food in place. Stir in the pineapple, celery, and cottage cheese.

Chill until firm.

4 servings.

Red apple salad

4 firm tart apples
1½ cups sugar
¼ teaspoon salt
½ cup red cinnamon candies
3 cups water
½ cup cottage cheese, or 3 to 4 ounces cream cheese
¼ cup chopped green pepper

Pare and core apples.

Add sugar, salt, and candies to the water. Put over heat and stir until dissolved.

Cook apples slowly in this sirup in covered pan until just tender, turning occasionally to color evenly. Drain and chill.

Mix cheese with green pepper and stuff the apples.

Serve on watercress or other dark greens. 4 servings.

For variety

Stuffed tomato salad.—Use cheese mixture in raw tomatoes.

Kidney bean salad

2 cups drained cooked or canned kidney beans
⅓ cup thin tart dressing
1 small onion sliced in rings
⅓ cup chopped celery
¼ cup chopped sweet pickles
Salt and pepper to taste

Mix beans and dressing; chill an hour or more. Turn beans in the dressing occasionally so they will absorb the flavor.

Just before serving, add rest of ingredients. Mix lightly. Season to taste.

Serve in lettuce cups, garnished with slices of hard-cooked egg.

4 servings.

Menu suggestion

Serve with corn pudding and have peach or berry cobbler for dessert.

Hot potato salad

3 tablespoons fat
¼ cup finely chopped onions
1 tablespoon flour
1½ teaspoons salt
1 tablespoon sugar
¼ teaspoon dry mustard
3 tablespoons vinegar
3 tablespoons water
2 tablespoons sweet pickle relish
⅓ cup diced celery
2 tablespoons chopped green pepper
2½ cups diced cooked potatoes

Heat the fat and brown the onions lightly in it. Mix flour, salt, sugar, and mustard, and stir in. Add vinegar and water slowly, stirring constantly, and cook until thick.

Mix pickle relish, celery, and green pepper with potatoes. Add the hot dressing and mix lightly but thoroughly.

Turn into baking dish, cover, and heat in oven at 350° F. (moderate) about 20 minutes.

4 servings.

Potato salad

3 cups cubed cooked potatoes
1 tablespoon minced onion
1 cup thick dressing
1 teaspoon salt
1/4 cup chopped green pepper
1/2 cup finely cut celery
1/4 cup chopped pickles or cucumber

Mix lightly the potatoes, onion, dressing, and salt; take care not to break potatoes.

Chill until serving time.

Add rest of ingredients and mix lightly. Add more dressing and salt if needed.

Serve on lettuce, garnished with tomato wedges and olives.

4 servings.

Menu suggestion

Serve for lunch or supper with frankfurters on buns or cold sliced ham. Add carrot sticks, radishes, and pickled beets. Finish off with fruit gelatin.

For variety

Omit 1/2 cup potatoes and carefully mix in 2 hard-cooked eggs, coarsely chopped. Garnish with slices of hard-cooked egg.

Use pimiento and french dressing instead of the green pepper and thick dressing.

Omit 1 cup potatoes and add 1 cup chopped cooked ham or spiced meat, such as bologna or canned lunch meat.

Cooked salad dressing

3 tablespoons vinegar
1 egg or 2 egg yolks, beaten
1/3 cup milk
1 tablespoon table fat
1/2 teaspoon salt
1/2 teaspoon sugar
1/2 teaspoon dry mustard
Paprika, celery seed, if desired

Add vinegar to egg and beat.

Stir in rest of ingredients. Cook over boiling water; stir constantly until thickened. Makes about 3/4 cup.

Sour cream salad dressing

1/4 cup pineapple juice
1 1/2 teaspoons lemon juice
1/4 teaspoon salt
1 tablespoon sugar
1/2 cup sour cream

Mix fruit juices, salt, and sugar. Add cream and stir until smooth. Makes about 3/4 cup.

Salad dressing variations

With mayonnaise.—Mix with whipped cream for fruit salads.

Add horseradish and mustard for meat or fish salads.

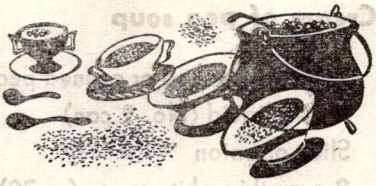
Make russian dressing by adding chili sauce, pickle relish.

With french dressing.—Add curry powder and onion juice. Serve on meat salads.

Mix with catsup and chopped olives for green salads.

For fruit salad, add a few sprigs of mint, crushed.

Soups



Fragrant, steaming soups or chowders like these can be features of the meal at luncheon or supper. For they take heartiness from such ingredients as milk, sea food, and dry beans or peas.

These recipes allow 4 servings of 1 cup each. The menu suggestions round out the meal with other protein-rich foods.

Dry bean or pea soup

⅔ cup dry beans or peas
1½ quarts cold water
Ham bone
1 small onion, chopped
Few stalks celery and leaves
1 tablespoon flour
Salt and pepper to taste

Cover beans or peas with half the water. Soak overnight in a cool place; or boil gently for 2 minutes and let stand 1 hour.

Add rest of water, ham bone, onion, and celery. Simmer until beans or peas are tender.

Remove bone. Put soup through a sieve or food press. Cut any meat from bone into small pieces. Add to soup. Stir in flour mixed with a little cold water. Cook soup until thickened and hot. Season.

4 servings.

Menu suggestion

Serve with crackers toasted with cheese, cabbage and carrot slaw, and prune whip.

Cream of tomato soup

2½ cups cooked or canned tomatoes (No. 2 can)
¼ cup chopped onion
½ teaspoon sugar, if desired
2 cups thin white sauce (p. 70)
Salt and pepper

Cook tomatoes, onion, and sugar slowly 10 minutes. Put through a sieve or food press.

Add tomato mixture slowly to warm white sauce, stirring constantly. Season to taste with salt and pepper.

Heat the soup rapidly until just hot enough for serving. Be careful not to overheat.

Serve at once.

4 servings.

Menu suggestion

Serve with peanut butter and green pepper sandwiches, and a salad of pears, pineapple, and dates. For dessert have pumpkin pie.

Cream of pea soup

2½ cups cooked or canned peas and liquid (No. 2 can)
Slice of onion
2 cups thin white sauce (p. 70)
Salt and pepper to taste

Cook peas, liquid, and onion slowly 10 minutes.

Put through a sieve or food press and stir into the white sauce. Add salt and pepper.

Heat just to boiling.

4 servings.

Menu suggestion

Serve with stuffed tomato salad, hot rolls or biscuits, and baked custard.

Cream of mushroom soup

½ pound fresh mushrooms
2 to 3 tablespoons table fat
½ small onion, sliced
2 cups thin white sauce (p. 70)
Salt and pepper to taste

Wash and chop mushrooms and cook a few minutes in the fat.

Heat onion slices a few minutes in the white sauce, then remove.

Add mushrooms and seasonings to the sauce. Heat just to boiling.

4 servings.

Menu suggestion

Serve with celery and carrot sticks, cottage cheese, and apple brown betty.

Quick potato soup

1½ cups cubed potatoes
1 tablespoon chopped onion
1 tablespoon fat
¾ cup boiling water
2 cups milk
¾ teaspoon salt
Pepper

Cook potatoes, onion, and fat in the water until potatoes are tender.

Add milk, salt, and pepper. Heat until almost boiling.

4 servings.

Menu suggestion

Serve with crackers, deviled eggs, relishes, and peach upside-down cake.

Meat and vegetable soup

Meaty soup bone, cracked (beef or veal)
2 quarts water
½ cup chopped onion
1 cup chopped celery and leaves
1 cup cooked or canned tomatoes
½ cup diced carrots
½ cup diced turnips
1 cup diced potatoes
1 teaspoon salt
Pepper

Remove bone slivers and simmer bone in water until meat falls from it—about 3 hours.

Remove the bone, and add vegetables and salt. Cook slowly until

vegetables are tender but not mushy—about 40 minutes.

Season with pepper and more salt if needed.

Makes about 2 quarts and is equally good reheated.

Menu suggestion

Serve with scalloped corn, lettuce salad, and gingerbread.

For variety

With macaroni.—Omit turnips and reduce potatoes to ½ cup; 15 minutes before soup is removed from heat, add ½ cup macaroni pieces. Finish cooking.

Oyster stew

1 pint oysters
3 tablespoons table fat
1 quart milk
1 teaspoon salt
Paprika

Look over the oysters and take out any bits of shell. Melt the fat, add the oysters and their liquid, and cook until the edges of the oysters begin to curl—about 3 minutes.

Add milk and salt, and heat just to boiling. Sprinkle each serving with paprika.

4 servings.

Menu suggestion

Serve with a tart vegetable and cheese salad, with peaches and oatmeal cookies for dessert.

Fish chowder

1 cup diced potatoes
1 cup boiling water
3 slices bacon, cut in small pieces
1 medium-sized onion, chopped
¾ pound fish fillets, cubed
1 cup milk
Salt and pepper to taste
2 tablespoons chopped parsley

Cook potatoes in water in covered pan 10 to 15 minutes.

Meanwhile, fry the bacon until some of the fat has cooked out. Add the onion and cook until onion is soft and bacon is lightly browned.

Add bacon, onion, fat, and fish to potatoes. Cook slowly until fish and potatoes are done—about 10 minutes.

Add milk, salt, and pepper. Heat just to boiling. Sprinkle with parsley.

4 servings.

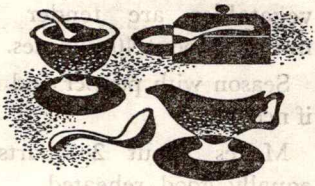
Menu suggestion

Serve with tomato and cucumber salad, and have hot mince pie for dessert.

For variety

Corn chowder.—Use 1½ cups cooked or canned corn instead of the fish. If you like a thickened chowder, blend 1 tablespoon flour with a little cold water and stir it in when adding the corn. Stir occasionally during cooking.

Sauces, gravies



Plain dish turns party fare when graced with sauce that's tangy or mellow—a savory gravy—or a gentle sweetening for dessert. In general, 2 to 4 tablespoons of sauce is enough to allow for one serving. You will probably want to be more generous with servings of gravy.

White sauce

	Milk	*Flour*	*Table fat*	*Uses*
Thin	**1 cup.**	**1 tablespoon**	**1 tablespoon**	**Cream soup, gravy; creamed and scalloped vegetables, eggs, fish, meat.**
Medium.	**1 cup.**	**2 tablespoons**	**2 tablespoons**	**Gravy; creamed and scalloped vegetables, eggs, fish, meat.**
Thick	**1 cup.**	**3 to 4 tablespoons.**	**2 to 3 tablespoons.**	**Binder for croquettes; souffles.**

To make.—Melt fat and blend in the flour to make a smooth mixture. Add milk slowly and cook over very low heat, stirring constantly, until thickened. Add salt to taste—about ¼ teaspoon for each cup of milk used. Cook 3 to 5 minutes longer, stirring occasionally.

Milk gravy.—Make like thin or medium white sauce, using pan drippings for the fat.

Cheese sauce.—Add 1 cup finely grated cheese to 1 cup hot white sauce—thin or medium. Stir until cheese is melted. Be careful not to overcook.

Egg sauce.—Stir 2 chopped hard-cooked eggs and 2 tablespoons lemon juice into 1½ cups hot white sauce—thin or medium.

Vanilla sauce.—Add ⅓ cup sugar and ½ teaspoon vanilla to 1 cup hot thin white sauce. Stir until sugar is dissolved.

Gravy for meat or poultry

To make good gravy, you need drippings rich enough to flavor added liquid which may be broth, milk, or water.

Use fat and flour in equal amounts to give the gravy a smooth texture. One tablespoon of each to 1 cup of liquid makes a thin gravy; 2 tablespoons of each, a moderately thick gravy.

The *surest way* to make gravy that is lump-free and does not separate is to allow the fat to come to the top of the drippings and skim it off. For 2 cups of gravy, measure 2 to 4 tablespoons fat and an equal amount of flour.

Measure the liquid, too, and add enough water, broth, or milk to make 2 cups. Blend fat and flour in the cooking pan and stir in the measured liquid slowly.

Cook over very low heat, stirring constantly until thickened. Cook a few minutes longer, stirring occasionally. Add salt and other desired seasonings.

Some cooks may prefer this *quick method*. Estimate the amount of fat and liquid in the cooking pan. (If drippings seem very fat, skim off some of the fat.) Add enough liquid to make the quantity of gravy you want. Measure 1 to 2 tablespoons flour for each cup of gravy. Blend flour with a little cold water. Stir slowly into the hot liquid and finish gravy as above.

Tomato sauce

2½ cups fresh tomatoes cut in pieces, or 2 cups cooked or canned tomatoes
½ teaspoon sugar, if desired
¼ cup chopped onion
Small piece bay leaf
2 cloves
2 tablespoons melted fat
2 tablespoons flour
Salt and pepper to taste

Cook the tomatoes slowly with the sugar, onion, bay leaf, and cloves—20 minutes for fresh tomatoes, 10 minutes for cooked or canned. Put through a sieve or food press.

Blend fat and flour and stir in the tomato mixture.

Cook over low heat, stirring often, until thickened. Season with salt and pepper.

Makes 2 cups.

Onion sauce

½ cup chopped or finely sliced onion
1 tablespoon table fat
1 tablespoon flour
1 cup milk
Salt and pepper to taste

Cook onion in fat until yellow. Blend in the flour and stir in the milk slowly.

Cook over very low heat, stirring constantly, until thickened. Season with salt and pepper. Cook a few minutes longer, stirring occasionally.

Makes 1 cup.

Tartar sauce

½ cup mayonnaise
1 tablespoon chopped onion
1 tablespoon chopped green pepper
1 tablespoon chopped pickle
1 tablespoon minced parsley
1 teaspoon capers, if desired
1½ teaspoons tarragon vinegar, if desired

Combine all ingredients.

Serve the sauce with fish.

Makes about ¾ cup.

Hollandaise sauce

½ cup table fat
4 egg yolks, well beaten
⅓ cup boiling water
2 tablespoons lemon juice
¼ teaspoon salt
Few grains cayenne if desired

Melt fat over hot water. Remove from heat and cool.

Blend egg yolks into fat; add boiling water slowly. Cook over boiling water, stirring constantly until thickened. Stir in lemon juice and seasonings. Makes about ¾ cup.

Honey and orange sauce

1 cup honey
¼ cup chopped orange peel
½ cup orange juice
Pinch of salt

Combine all ingredients. Let stand over hot, not boiling, water about 30 minutes to blend flavors.

Serve on gingerbread, steamed puddings, or ice cream.

Makes 1½ cups.

Peanut butter-fruit sauce

½ cup sugar
½ cup dark corn sirup
⅓ cup water
½ teaspoon salt
¼ cup peanut butter
¼ cup raisins or chopped candied fruit

Mix the sugar, corn sirup, water, and salt. Simmer 10 minutes; cool.

Stir this sirup slowly into the peanut butter and raisins or candied fruit.

Serve on baked custard, ice cream, or steamed puddings.

Makes about 1 cup.

Sour cream sauce

⅓ cup table fat
1 cup confectioner's sugar
¼ teaspoon lemon juice
¼ teaspoon vanilla
¼ to ½ cup sour cream, plain or whipped

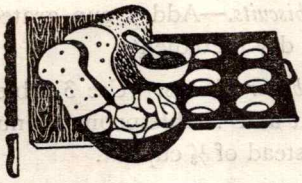
Cream the fat. Add the sugar slowly and beat well.

Add lemon juice and vanilla.

Beat in enough sour cream to make the sauce light and fluffy.

Serve on fruit brown betty, hot baked apples or dumplings, steamed or baked puddings.

Makes about 1 cup.



Breads and sandwiches

Hot breads

Just to name them whets family appetites—hot, feathery rolls, biscuits and muffins that call for the best jams and jellies in the house, nut bread, and creamy spoon bread—good on either side of the Mason-Dixon line. There are also pop-overs, waffles, and, almost best of all, griddlecakes.

In this section, baking powder measurements are given for the double-acting type. Use half again as much of phosphate, and twice as much of tartrate baking powder.

Quick nut loaf

2½ cups sifted flour
2 tablespoons sugar
3 teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon
1 cup milk
2 eggs, beaten
4 tablespoons melted table fat
1 cup chopped nuts

Sift together flour, sugar, baking powder, salt, and cinnamon.

Add milk to eggs.

Stir liquids into dry ingredients and mix just until smooth.

Stir in the melted fat and nuts.

Pour into a greased loaf pan. Let stand 20 minutes.

Bake at 350° F. (moderate oven) about 1 hour.

Raisin loaf.—Use 1½ cups chopped raisins instead of nuts.

Spoon bread

½ cup corn meal
1 cup cold water
½ teaspoon salt
½ cup milk
1 egg, beaten
1 tablespoon melted fat

Mix corn meal with the water, add the salt. Boil 5 minutes, stirring constantly.

Stir the milk into the hot corn meal mixture, then stir in the egg. Add the fat last.

Pour the batter into a hot greased baking dish or pan.

Bake at 400° F. (hot oven) about 40 minutes, or until firm and well browned over the top.

Serve from the baking dish.

4 servings.

Cheese spoon bread.—Add ½ cup grated cheese to the batter after the fat has been added.

Corn bread

2 cups corn meal
¼ teaspoon soda
2 teaspoons baking powder
1 teaspoon salt
2 eggs, beaten
2 cups sour milk
2 tablespoons melted fat

Sift together dry ingredients. Add eggs to milk and stir into dry ingredients. Add melted fat.

Pour into a hot greased pan about 8 inches square and bake at 425° F. (hot oven) 20 to 30 minutes.

8 servings.

Biscuits

2 cups sifted flour
2 teaspoons baking powder
¾ teaspoon salt
⅓ cup fat
About ¾ cup milk

Sift flour, baking powder, and salt together. Cut or rub in fat until well blended.

Slowly mix in milk, using just enough to make dough that is soft but not sticky.

Turn dough onto a floured board and knead a few strokes. Roll or pat to ¾-inch thickness. Cut with a biscuit cutter or cut into squares with a knife.

Place on a baking sheet and bake at 450° F. (very hot oven) about 15 minutes.

Makes about sixteen 2-inch biscuits.

Cheese biscuits.—Add 1 cup grated cheese to dry ingredients.

Peanut butter biscuits.—Use 3 tablespoons fat and 4 tablespoons peanut butter instead of ⅓ cup fat.

Rich biscuit dough.—Increase the fat to ½ cup, and use for shortcake or topping for meat pie.

Muffins

2 cups sifted flour
2 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
1 egg, beaten
1 cup milk
¼ cup fat, melted

Sift together flour, baking powder, salt, and sugar.

Combine egg, milk, and fat. Add to the dry ingredients all at once, stirring only enough to moisten.

Fill greased muffin pans two-thirds full.

Bake at 400° F. (hot oven) about 20 minutes.

Makes about 12 medium-sized muffins.

Oatmeal muffins.—Use 1 cup quick-cooking oats in place of 1 cup of the white flour.

Blueberry or cranberry muffins.—Use 1 cup uncooked berries. Reduce milk to ¾ cup and increase sugar to ¼ cup. Mix berries with dry ingredients.

Peanut butter or cheese muffins.—Use ⅓ cup peanut butter or ½ cup grated cheese and reduce fat to 2 tablespoons.

Yeast rolls

1 cake compressed yeast
1/4 cup lukewarm water
1/4 cup sugar
1/4 cup fat
1 teaspoon salt
1 cup scalded milk
1 egg, beaten
About 4 cups sifted flour

Soften yeast in water. Add ½ teaspoon sugar.

Add fat, rest of sugar, and salt to hot milk. Stir until sugar is dissolved.

Cool, then add egg. Stir in softened yeast.

Stir flour into liquid ingredients until well mixed. Turn dough out onto lightly floured board.

Knead quickly until smooth and elastic. Form into smooth ball.

Place ball of dough in greased bowl and turn over once or twice to grease the surface.

Cover and let rise in warm place (about 85° F.) until double in bulk—about 1 hour.

Turn out onto board, knead well again, and shape as desired. Place in a greased pan or on a baking sheet. Let rise and bake as for Parker House rolls below.

Using the electric mixer

Combine all ingredients except flour according to directions given above.

Mix flour into liquid ingredients at slow speed, scraping dough from beater occasionally. Continue beating until dough has pulled cleanly away from sides of bowl several times. Turn dough onto board and form into smooth ball without kneading. Proceed with the rising and shaping.

Parker House rolls.—Roll the dough ¼ inch thick and cut in 2-inch rounds. Brush tops lightly with soft table fat, crease through center. Fold over and press down top. Brush with fat if you like a soft crust.

Place rolls on greased baking sheet about ½ inch apart, or farther apart if you want them to be crusty on all sides.

Cover with waxed paper or a cloth and let rise in a warm place until double in bulk.

Bake at 400° F. (hot oven) 15 to 20 minutes.

Makes 20 to 25 rolls.

Nut rolls.—Roll the dough ¼ inch thick in rectangular shape. Spread with soft table fat, sprinkle thickly with brown sugar, and chopped nuts—pecans, walnuts, peanuts, or other nuts.

Roll like jelly roll. To seal the roll, moisten the long edge and press down. Cut crosswise in 1-inch slices.

Grease muffin pans and in each one put ½ teaspoon table fat, 2 teaspoons brown sugar, and a few nut meats.

Place a slice of dough in each pan, press down. Cover and let rise until double in bulk.

Bake at 350° F. (moderate oven) about 20 minutes. Turn out of pan at once.

Makes 16 to 20 rolls.

Waffles

1½ cups sifted flour
1½ teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
2 eggs, separated
1 cup milk
2 tablespoons melted fat

Sift dry ingredients together. Beat the egg yolks and whites separately.

Combine egg yolks, milk, and fat. Mix with dry ingredients, stirring only until the batter is smooth.

Fold in beaten egg whites. Bake in a hot waffle baker.

Makes 4 waffles.

Pop-overs

2 eggs, beaten
1 cup milk
1 tablespoon melted fat
1 cup sifted flour
¼ teaspoon salt

Grease heavy baking cups (glass, earthenware, iron, or enamel); heat in oven.

Combine eggs, milk, and fat. Add flour and salt and beat with egg beater until well blended.

Fill hot cups half full. Bake at once at 450° F. (very hot oven) 30 minutes. Reduce heat to 350° F. (moderate oven) and bake 15 minutes longer.

Makes 8 to 12 pop-overs.

Griddlecakes

1½ cups sifted flour
1½ teaspoons baking powder
¾ teaspoon salt
1 tablespoon sugar
1 egg, beaten
1 cup milk
2 tablespoons melted fat

Sift dry ingredients together.

Combine the egg, milk, and fat. Add gradually to the dry ingredients; stir only until batter is smooth.

Drop by spoonfuls onto a hot greased griddle. Cook slowly until the surface is covered with bubbles, turn, and cook until the bottom is well browned.

Makes about 18 medium-sized griddlecakes.

Sandwiches

Many of these sandwiches and fillings are the good sturdy kind—made with meat, fish, cheese, or peanut butter.

If sandwiches are "worth their salt," the fillings are generous, have a bit of moistness without being wet, and are spread clear to the edge of the bread.

For more interesting sandwiches use different kinds of bread—even in the same sandwich.

Leave crust on the bread so there'll be no waste and the sandwich will stay moist longer.

Hot fish sandwiches

1 tablespoon fat
1½ tablespoons minced green pepper
1 tablespoon minced onion
2 eggs, slightly beaten
¼ cup milk
½ teaspoon salt
¾ cup flaked canned or cooked fish
Toasted rolls

Heat the fat and cook the green pepper and onion in it until they are tender.

Combine remaining ingredients and add to vegetables. Cook over low heat or boiling water, stirring constantly, until thick and creamy.

Serve hot on toasted rolls.

4 servings.

Hot meat salad sandwiches

1 cup ground cooked meat
1 tablespoon chopped pickle
1 tablespoon chopped onion
3 tablespoons salad dressing
Salt and pepper to taste
4 slices of bread
Softened table fat

Mix meat, pickle, onion, and salad dressing. Add salt and pepper.

Toast bread on one side. Spread untoasted side with table fat and salad mixture.

Put sandwiches on broiler rack and broil until meat mixture bubbles and browns.

4 servings.

French-toasted sandwiches

Many meat, cheese, and peanut butter sandwiches are good french-toasted.

Dip sandwiches in egg-milk mixture (1 egg beaten with 2 tablespoons of milk is enough for 4 sandwiches).

Do not soak the bread.

Brown slowly on both sides in a little hot fat.

Sandwich fillings

Sliced meat.—Corned beef with horseradish; veal with apple slices and salad dressing; chicken or turkey with sliced tomato or cucumber and salad dressing; a slice of ham with a slice of cheese.

Chopped or grated vegetables.—Mix carrots, celery, cabbage, or peppers with chopped dried fruits, nuts, or hard-cooked eggs. Moisten with salad dressing. Cottage or cream cheese is also good with chopped vegetables.

Peanut butter.—Mix with chopped dates and salad dressing; drained crushed pineapple; honey; or grated carrots and chopped raisins. To use peanut butter with sweet spreads, spread peanut butter on one slice of bread, jelly, jam, honey, or apple butter on the other.

Baked bean.—Mash and mix with mayonnaise or catsup, and one or more of these: Minced onion, chopped celery, pickle relish, crisp bacon bits. Add a slice of ham, if you like.

Desserts

Pies, pastries, puddings . . . custards, cookies, cobblers . . . cakes that are upside-down and right-side up . . . a frothy fruit whip and an apple betty . . . these goodies need no further recommendation.

These pies and cakes are for standard-sized pans. Most of the other recipes provide four servings of about ½ cup each.

In this section, baking powder measurements are given for the double-acting type. Use half again as much of phosphate, and twice as much of tartrate baking powder.

Cake recipes given here are not suitable for high altitudes.

Two-crust fruit pie

Make pastry by recipe on page 80. Roll a little more than half of dough to thin round sheet ½ inch larger than pan.

Settle sheet into pan without stretching. Pat in place to force out air underneath; trim close to rim.

Fill crust heaping full with raw fruit such as berries or pitted cherries or thinly sliced apples or peaches.

Mix ¾ to 1 cup sugar with 1 to 2 tablespoons flour and a pinch of salt. If desired add up to 1 teaspoon mixed spices. Sprinkle this mixture over fruit, dot with table fat. For mild fruits add about 1 tablespoon lemon juice.

Roll rest of dough to thin round sheet. Make cuts to let out steam during baking.

Moisten rim of lower crust. Place top crust over fruit. Press down firmly at edge and trim close to rim of pan.

Bake (see Baking Guide, p. 80).

With cooked or canned fruits.—Drain fruit and fill crust just full. Mix juice with sugar, flour, salt, and spices. Cook juice mixture until slightly thickened; pour over fruit and add top crust.

Pecan pie

3 eggs, beaten
½ cup sugar
1 cup dark corn sirup
¼ teaspoon salt
1 teaspoon vanilla
¼ cup melted table fat
1 cup pecan meats
Unbaked 9-inch pastry shell

Mix eggs, sugar, sirup, salt, vanilla, and fat.

Spread nuts in bottom of shell, pour in filling.

Bake (see Baking Guide, p. 80).

Cream pie

½ cup sugar
4 tablespoons flour
¼ teaspoon salt
2 cups milk
2 egg yolks, slightly beaten
2 tablespoons table fat
1 teaspoon vanilla
9-inch baked pastry shell or graham cracker shell

Mix dry ingredients with a little of the milk. Add rest of milk. Cook over boiling water, stirring until thick. Cover and cook 15 minutes longer, stirring occasionally.

Add a little of the hot mixture to egg yolks. Pour back and cook a few minutes longer. Add table fat and vanilla.

Pour filling into shell, cool slightly, and cover with meringue (see recipe below).

Bake at 325° F. (slow oven) 12 to 15 minutes, or at 425° (hot oven) 4 to 5 minutes.

Meringue

2 egg whites
¼ teaspoon salt
4 tablespoons sugar

Beat egg whites with salt until stiff. Beat in sugar slowly until smooth and glossy.

For variety

Banana cream pie.—Slice 2 bananas into the pie shell before adding the filling.

Coconut cream pie.—Add ½ cup shredded coconut to cream filling; turn into a baked pie shell. Top with meringue and sprinkle with coconut. Bake as for cream pie.

Chocolate cream pie.—Make filling as for cream pie, adding ½ cup milk, ¼ cup sugar, and 2½ squares chocolate. Melt chocolate in milk. Top with meringue and bake, or serve plain or with whipped cream.

Graham cracker shell

15 graham crackers
⅓ cup melted table fat
⅓ cup sugar
¼ teaspoon each cinnamon, cloves, nutmeg

Roll crackers fine. Mix with other ingredients.

Turn into piepan and pat into firm smooth shell.

Chill until firm.

Makes one 9-inch pie shell.

Sour cream pie

1 cup sugar
½ teaspoon cinnamon
½ teaspoon cloves
2 eggs, beaten
1 cup seedless raisins
1 cup sour cream
Salt
2 tablespoons vinegar
Baked 9-inch pastry shell

Mix all ingredients, stirring until sugar is dissolved.

Pour mixture into shell and bake (see Baking Guide, p. 80).

Lemon or lime chiffon pie

1 tablespoon gelatin
¼ cup cold water
3 eggs, separated
¾ cup sugar
½ cup unstrained lemon or lime juice
½ teaspoon grated lemon or lime rind
¼ teaspoon salt
Few drops green coloring (for lime pie)
Baked 9-inch pastry shell or graham cracker shell (p. 79)

Sprinkle gelatin on water and soak a few minutes.

Beat egg yolks slightly, add half the sugar and the lemon or lime juice and rind.

Cook over boiling water, stirring constantly until thick.

Add gelatin to hot mixture; stir until dissolved. Add coloring for lime pie. Cool until thick but not set.

Add salt to egg whites and beat until stiff. Add rest of sugar slowly, beating constantly. Blend with the chilled gelatin mixture.

Pour into a shell and chill until firm.

For variety

Pumpkin chiffon pie.—Replace fruit juice and rind with ½ cup milk and ½ teaspoon each of ginger, cinnamon, and nutmeg.

Fold 1¼ cups cooked or canned pumpkin into gelatin mixture with beaten egg whites.

Pastry

2¼ cups flour
1½ teaspoons salt
¾ cup fat
4 to 6 tablespoons cold water

Sift flour with salt. Cut in fat until mixture is granular.

Sprinkle water over mixture, blending lightly with fork. Add water sparingly until dough clings together but is not wet. Let stand 5 minutes before rolling.

Makes two 9-inch crusts.

Baked pastry shells

Roll pastry thin; place in piepan or muffin pans. Trim ¼ to ½ inch from edge. Double edge of pastry over and pinch with fingers to make an upright rim. Or shape pastry to outside of pans and trim close.

Prick bottom and sides of pastry well with a fork to keep crust flat. Bake (see Baking Guide).

Baking guide

Pie	*Minutes*	*Oven*
Pie or tart shells.	10–12	425° F. (hot)
Custard-type, baked shell.	25–30	350° F. (moderate)
Custard-type, unbaked shell.	15	450° F. (very hot)
	Continue 25–30	Reduce to 350° F. (moderate)
Fruit, two-crust..	30–50	425° F. (hot)

White layer cake

½ cup fat
½ teaspoon vanilla
½ teaspoon almond extract
1 cup sugar
2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
¾ cup milk
3 egg whites

Cream fat, flavorings, and half of the sugar until very light and fluffy.

Sift together flour, baking powder, and salt.

Add to creamed mixture in three portions alternately with milk in two portions.

Beat egg whites until stiff and add the rest of the sugar slowly, beating until glossy. Fold into the batter.

Turn batter into two greased 8-inch round layer pans (or one 8-inch square loaf pan).

Bake at 375° F. (moderate oven) until cake draws away from pan and top is springy to touch—about 25 minutes. (Bake loaf 30 minutes.)

For variety

For party cakes (petit fours) cut white cake in cubes or triangles. Make confectioner's sugar frosting (p. 83), using enough liquid so that it will pour. Color frosting, if you like, and pour over cakes, covering tops and sides. The cakes may be sprinkled with coconut or chopped nuts while frosting is still soft.

Chocolate layer cake

⅔ cup fat
1 teaspoon vanilla
1⅓ cups sugar
3 squares (3 ounces) chocolate, melted
2 eggs, separated
2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
1 cup milk

Cream fat, vanilla, and half of the sugar together until light and fluffy. Blend in chocolate and add egg yolks.

Sift together flour, baking powder, and salt.

Add to creamed mixture in three portions alternately with milk in two portions.

Beat egg whites stiff, and add the rest of the sugar slowly, beating constantly until glossy. Fold into the batter.

Turn batter into two greased 9-inch round layer pans.

Bake at 350° F. (moderate oven) 30 to 35 minutes or until cake pulls away from pan and top is springy to touch.

For variety

Add ½ cup chopped nut meats to the batter just before pouring into pans.

Cupcakes.—Pour batter into greased muffin pans, filling them two-thirds full. Bake at 375° F. (moderate oven) 20 minutes, or until top is springy to touch.

Makes about 30 small cupcakes.

Fruit cake

1 pound prunes
1 pound seedless raisins
½ pound candied citron
¼ pound nut meats (about 1 cup)
1 cup fat
1 cup brown sugar, firmly packed
4 eggs
1 tablespoon milk
2 cups sifted flour
1 teaspoon mace
1 teaspoon cinnamon
½ teaspoon soda

Soak prunes if they seem dry; pit and chop. Soak raisins 20 minutes in hot water, drain. Cut citron in strips and chop nuts. Mix all together.

Cream fat and sugar together. Beat in eggs and add milk.

Sift together flour, spices, and soda and stir into fruits and nuts. Add to creamed mixture.

Grease and flour five small loaf pans. Line bottoms with brown paper; grease the paper.

Pour batter into pans. Bake at 250° F. (very slow oven) 3½ hours.

Cool slightly, remove from pans, and strip off paper. Cool thoroughly and wrap in waxed paper. Store 2 weeks in a cool place before using.

Makes about 5 pounds of cake.

For variety

Use dates instead of raisins. Dates need not be soaked.

Upside-down cake

Fruit mixture

1 to 2 cups fruit
½ cup brown sugar
2 tablespoons table fat
1 tablespoon fruit juice or water

Canned or cooked dried fruit—pineapple, apricots, cherries, peaches, prunes—may be used. Cut whole fruit in half, remove pits. Raw apples or peaches, thinly sliced, are also good.

Cook sugar, fat, and juice or water in fry pan over moderate heat to form thick sirup.

Arrange fruit and sirup in a greased 8- or 9-inch shallow pan. Or use fry pan if it can be put into oven.

Cake batter

⅓ cup fat
½ cup sugar
1 teaspoon vanilla
1 egg, beaten
1½ cups sifted cake flour
¼ teaspoon salt
1½ teaspoons baking powder
½ cup milk

Cream fat, sugar, and vanilla together, then blend in egg.

Sift together flour, salt, and baking powder. Add to creamed mixture in three portions alternately with milk in two portions.

Pour batter over fruit and sirup. Bake at 350° F. (moderate oven) 45 minutes. Cool slightly and turn out carefully.

Spiced prune cake

½ cup fat
1 cup sugar
2 eggs, well beaten
1¼ cups finely chopped cooked prunes
2 cups sifted flour
1½ teaspoons soda
1 teaspoon cinnamon
¾ teaspoon cloves
¾ teaspoon salt
½ cup sour milk

Cream fat and add sugar. Cream until fluffy. Add eggs and beat well. Blend in prunes.

Sift together flour, soda, spices, and salt. Add to creamed mixture in three portions alternately with the sour milk in two portions.

Turn into a greased shallow pan about 12 by 8 inches.

Bake at 350° F. (moderate oven) 35 to 40 minutes.

"Seven minute" frosting

2 egg whites
1½ cups sugar
Few grains salt
1 teaspoon light corn sirup
⅓ cup water
1 teaspoon vanilla

Mix all ingredients except the vanilla. Beat over boiling water until mixture stands in soft peaks—7 to 10 minutes.

Remove from heat, add vanilla. Beat until very thick.

Enough for two 9-inch layers.

Confectioner's sugar frosting

For a two-layer cake, 9-inch size, mix 2 cups confectioner's sugar, 4 tablespoons table fat, and enough cream, orange juice, or strong coffee to spread well. Add flavoring—vanilla, grated orange rind, melted chocolate, or spices.

Lemon filling

1 cup sugar
2½ tablespoons flour
⅛ teaspoon salt
4 tablespoons lemon juice
Grated rind of 1 lemon
2 eggs, beaten
1 tablespoon table fat

Mix sugar, flour, salt, and lemon juice and rind.

Cook over low heat or boiling water, stirring until thickened. Cook 10 minutes more; stir often.

Stir hot mixture slowly into eggs; return to pan. Add fat. Cook 2 minutes, stirring. Cool.

Cream cheese filling

3 ounces cream cheese (6 tablespoons)
Cream or milk
½ cup chopped dates
½ cup chopped nuts
¼ teaspoon salt

Mash cheese and add enough cream to make soft mixture. Add other ingredients; mix thoroughly.

Makes enough for 9-inch cake.

Gingerbread

1½ cups sifted flour
¼ teaspoon soda
1 teaspoon baking powder
¼ cup sugar
¼ teaspoon salt
1 teaspoon ginger
1 teaspoon cinnamon
¼ teaspoon ground cloves
½ cup milk
1 egg, beaten
½ cup molasses
¼ cup melted fat

Sift together dry ingredients. Add milk to beaten egg. Pour into dry ingredients and stir until smooth.

Stir in molasses and fat.

Pour batter into greased shallow pan (about 8 inches square).

Bake at 350° F. (moderate oven) 30 to 40 minutes.

Dried-fruit bars

1 cup sifted flour
¼ teaspoon baking powder
½ teaspoon salt
¼ cup melted table fat
1 cup sugar
2 eggs, well beaten
1 cup chopped nuts
1 cup dried fruit, sliced or chopped fine (dates, apricots, figs, prunes, or ⅓ cup raisins with ⅔ cup chopped evaporated apples)

Sift together flour, baking powder, and salt.

Mix in other ingredients in order given, using one of the dried fruits.

Line shallow pan (about 13 by 9 inches) with waxed paper, and spread batter in it.

Bake at 350° F. (moderate oven) 25 to 30 minutes.

Several minutes after removing from oven, cut into bars about 1 by 3 inches. Turn out on rack and peel off paper. When firm enough to hold shape, roll warm bars in confectioner's sugar.

Makes about 40 bars.

Peanut butter cookies

1 cup fat
½ teaspoon salt
1 cup peanut butter
1 cup granulated sugar
1 cup brown sugar, firmly packed
2 eggs, well beaten
1 tablespoon milk
2 cups sifted flour
½ teaspoon soda

Combine fat, salt, and peanut butter, and mix well.

Gradually add granulated sugar and brown sugar. Cream thoroughly after each addition.

Add eggs and milk, mixing well.

Sift together the flour and soda. Blend with first mixture.

Drop the dough by teaspoonfuls onto greased baking sheets. Or roll the dough into balls ¾ to 1 inch in diameter. Place on baking sheets, press lightly with a fork to flatten.

Bake at 325° F. (slow oven) 15 to 20 minutes.

Makes 10 to 12 dozen cookies.

Oatmeal cookies

½ cup sifted flour
⅓ cup sugar
½ teaspoon salt
1 teaspoon baking powder
¼ teaspoon cinnamon
1½ cups quick-cooking rolled oats
½ cup raisins
1 egg, slightly beaten
½ cup milk
½ teaspoon flavoring
4 tablespoons fat, melted

Sift together flour, sugar, salt, baking powder, cinnamon. Mix in oats and raisins.

Combine egg, milk, flavoring, and fat, and add to first mixture. Stir only until ingredients are moistened.

Drop dough by teaspoonfuls onto greased baking sheets.

Bake at 375° F. (moderate oven) about 20 minutes.

Makes about 3 dozen cookies.

Brownies

2 squares (2 ounces) unsweetened chocolate
½ cup fat
1 cup sugar
2 eggs, slightly beaten
¾ cup sifted flour
½ teaspoon baking powder
½ teaspoon salt
1 cup chopped nut meats
1 teaspoon vanilla

Melt chocolate and fat together over hot water. Cool slightly.

Add sugar and the chocolate mixture to eggs and beat.

Sift together the flour, baking powder, and salt. Add to the first mixture. Stir in the nut meats and vanilla.

Pour the batter into a greased 8-inch square pan. Bake at 350° F. (moderate oven) about 30 minutes. Cool in the pan and cut into squares.

Makes about 2 dozen brownies.

Molasses snaps

¼ cup fat
⅜ cup sugar
½ cup smoothly beaten cooked potatoes
¼ cup molasses
1 cup sifted flour
½ teaspoon soda
¾ teaspoon ginger
¾ teaspoon cinnamon
¼ teaspoon salt

Cream together fat and sugar.

Add potatoes and continue creaming. Mix in molasses.

Sift together the flour, soda, spices, and salt. Stir into the first mixture.

Drop the batter by tablespoonfuls onto greased baking sheets. Flatten to a thickness of ⅛ inch, using a greased flat-bottomed glass.

Bake at 350° F. (moderate oven) until the cookies are lightly browned—about 15 minutes.

Remove from the baking sheet and cool.

Makes about 30 cookies.

Fruit whip

⅔ cup fruit pulp
2 egg whites
¼ teaspoon salt
3 tablespoons sugar
1 tablespoon lemon juice

For the fruit pulp, mash or put through a sieve cooked apricots, prunes, peaches, or apples. Or use grated raw apples.

Beat egg whites with salt until stiff. Add sugar gradually, beating constantly until glossy.

Fold in fruit pulp and lemon juice. Chill. 4 servings.

Orange bavarian cream

1 tablespoon gelatin
¼ cup cold water
¾ cup unstrained orange juice
2 tablespoons lemon juice
½ teaspoon grated orange rind
⅓ cup sugar
¼ teaspoon salt
1 egg white
½ cup cream, whipped

Sprinkle gelatin on water; soak a few minutes.

Heat fruit juices and rind with half of the sugar.

Dissolve gelatin in hot juice. Chill until partly set.

Add salt to egg white and beat until stiff. Add rest of sugar slowly, beating until glossy.

Fold egg white mixture and cream into gelatin mixture. Pour into mold; chill until firm. 4 servings.

Apple brown betty

⅓ cup sugar
½ teaspoon cinnamon
¼ teaspoon salt
2 cups fine, dry crumbs
4 tart apples, pared and diced
3 tablespoons melted table fat

Mix sugar, cinnamon, salt. Put layer of crumbs in greased baking dish. Cover with layer of apples. Sprinkle with sugar mixture.

Continue until all ingredients are used. Have layer of crumbs on top. Pour melted fat over crumbs. Cover dish.

Bake at 375° F. (moderate oven) 40 minutes. Remove cover the last 10 minutes to brown the top.

4 servings.

Bread or rice pudding

2 cups milk
1½ cups soft bread crumbs, or 1 cup cooked rice
1 tablespoon table fat
¼ cup sugar (increase to ⅓ cup when using rice)
¼ teaspoon salt
⅓ cup raisins or nuts
2 eggs, beaten

Heat milk; add bread crumbs or rice, and fat.

Add sugar, salt, and raisins or nuts to eggs, then slowly stir in the hot milk mixture.

Pour into greased baking dish, set in pan of hot water.

Bake at 350° F. (moderate oven) 1 hour, or until set. 4 servings.

Frozen mint pudding

1½ teaspoons gelatin
2 tablespoons water
½ cup crushed white peppermint candy (2 ounces)
¼ cup milk
2 eggs, separated
6 drops green coloring
¼ teaspoon salt
6 tablespoons sugar
1 cup heavy cream
12 plain chocolate cookies, crushed (¾ cup)

Sprinkle gelatin on the water and soak a few minutes.

Dissolve the candy in the milk over boiling water.

Beat the egg yolks well. Pour a little of the hot liquid into them. Add to the rest of the hot mixture, and cook until thick, stirring constantly. Stir in the coloring.

Add gelatin to the cooked mixture and stir until dissolved.

Cool until thick but not set.

Add salt to the egg whites and beat until stiff but not dry. Gradually add the sugar, beating constantly.

Combine the beaten egg whites and the gelatin mixture.

Whip the cream and fold it in.

Put half the crumbs into two freezing trays. Pour in the prepared mixture, and cover with the rest of the crumbs.

Freeze without stirring, at the coldest refrigerator temperature, 3 to 4 hours.

8 servings.

Baked custard

¼ cup sugar
¼ teaspoon salt
3 eggs, beaten
2 cups hot milk
1 teaspoon vanilla

Combine sugar, salt, and eggs. Add milk slowly; add vanilla.

Pour into custard cups, and set in a pan of hot water.

Bake at 325° F. (slow oven) until the custard is set—30 to 40 minutes.

4 servings.

Cherry cobbler

1½ cups canned sour cherries
⅔ cup cherry juice
⅓ to ½ cup sugar
1 tablespoon cornstarch
Pinch of salt
Table fat
Biscuit dough (one-half recipe, p. 74)

Mix all ingredients except the dough. Cook over low heat, stirring constantly, until thickened.

Turn into a baking pan. Cover with rolled dough, slashed in several places to let steam escape, or cover with rounds of dough.

Bake at 425° F. (hot oven) until browned—about 15 minutes.

4 servings.

For variety

Use raw peaches, cherries, or berries, cooked a few minutes with a little water.

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Egg yolks, *in*

- Cakes
- Cornstarch pudding
- Custard or sauce
- Pie filling
- Salad dressing
- Scrambled eggs

Egg whites, *in*

- Custard
- Fruit whip
- Meringue
- Souffles

Hard-cooked egg or yolk, *in*

- Casserole dishes
- Garnish
- Salads
- Sandwiches

Sour milk, *in*

- Cakes, cookies
- Quick breads

Sour cream, *in*

- Cakes, cookies
- Dessert sauce
- Meat stews
- Pie filling
- Salad dressing
- Sauce for vegetables

Cooked meats, poultry, fish, *in*

- Casserole dishes
- Hash
- Meat patties
- Meat pies
- Salads
- Sandwiches
- Stuffed vegetables

Cooked potatoes, *in*

- Croquettes
- Fried or creamed potatoes
- Meat-pie crust
- Potatoes in cheese sauce
- Stew or chowder

Cooked snap beans, lima beans, corn, peas, carrots, *in*

Meat and vegetable pie
Soup
Stew
Stuffed peppers
Stuffed tomatoes
Vegetables in cheese sauce

Cooked leafy vegetables, chopped, *in*

Creamed vegetables
Soup
Meat loaf
Meat patties
Omelet
Souffle

Cooked or canned fruits, *in*

Fruit cup
Fruit sauces
Jellied fruit
Quick breads
Shortcake
Upside-down cake
Yeast breads

Cooked wheat, oat, or corn cereals, *in*

Fried cereal
Meat loaf or patties
Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, *in*

Casseroles
Meat or cheese loaf
Timbales

Bread

Slices, *for*
French toast
Dry crumbs, *in*
Brown betty
Croquettes
Fried chops
Soft crumbs, *in*
Meat loaf
Stuffings

Cake or cookies, *in*

Brown betty
Ice-box cake
Toasted, with sweet topping, for dessert

Cooking terms

Baste To moisten food while cooking by pouring over it melted fat, drippings, or other liquid.

Boil To cook in water, or liquid mostly water, at boiling temperature (212° F. at sea level). Bubbles rise continually and break on the surface.

Braise or pot-roast To brown in fat, then cook in covered pan, with or without added liquid, on top of stove or in oven. Larger pieces of meat cooked by braising are called pot roasts.

Broil To cook uncovered by direct heat on a rack placed under the source of heat or over an open fire.

Pan-broil.—To cook in lightly greased or ungreased heavy pan on top of stove. Fat is poured off as it accumulates so food does not fry.

Cream To mash or mix one or more foods together until soft and creamy.

Fricassee To braise individual serving pieces of meat, poultry, or game in a little liquid—water, broth, or sauce.

Fry To cook in fat without water or cover.

Pan-fry or saute.—To cook in a small amount of fat (a few tablespoons, up to ½ inch) in fry pan.

Deep-fry or french-fry.—To cook in a deep kettle, in enough fat to cover or float food.

Grill Same as broil.

Knead To press, stretch, and fold dough or similar mixture to make it smooth. During kneading, bread dough becomes elastic, fondant becomes satiny.

Marinate To let foods stand in a liquid (usually mixture of oil with vinegar or lemon juice) to add flavor or make more tender.

Parboil To boil until partly cooked.

Pot-roast See braise.

Roast To bake in hot air (usually oven) without water or cover.

Scald To heat liquid to just below the boiling point.

Simmer To cook in liquid just below the boiling point, at temperatures of 185° to 210° F. Bubbles form slowly and break below the surface.

Steam To cook food in steam, with or without pressure. Food is steamed in a covered container, on a rack or in a perforated pan over boiling water.

Stew To boil or simmer in a small amount of liquid. Meats are stewed at simmering temperature.

One ingredient for another

For these	You may use these
1 whole egg, for thickening or baking	2 egg yolks. Or 2 tablespoons dried whole egg plus 2½ tablespoons water.
1 cup butter or margarine for shortening	⅞ cup lard, or rendered fat, with ½ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with ½ teaspoon salt.
1 square (ounce) chocolate	3 or 4 tablespoons cocoa plus ½ tablespoon fat.
1 teaspoon double-acting baking powder	1½ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.
Sweet milk and baking powder, for baking	Equal amount of sour milk plus ½ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)
1 cup sour milk, for baking	1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or 1¾ teaspoons cream of tartar.
1 cup whole milk	½ cup evaporated milk plus ½ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2½ teaspoons table fat and 1 cup water.
1 cup skim milk	4 tablespoons nonfat dry milk plus 1 cup water.
1 tablespoon flour, for thickening	½ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.
1 cup cake flour, for baking	⅞ cup all-purpose flour.
1 cup all-purpose flour, for baking breads	Up to ½ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

Measures and temperatures

Measuring foods

Part of cup.—Use tablespoons or the smaller measuring cups—½, ⅓, ¼—for greater accuracy.

Brown sugar.—Pack firmly into cup or spoon.

Solid fats.—When fat comes in 1-pound rectangular form, 1 cup or fraction can be cut from pound, which measures about 2 cups.

Or measure cupful by packing firmly into cup and leveling off top with spatula or straight knife.

Water method may be used for part of cup. To measure ½ cup fat, for instance, put ½ cup cold water in 1-cup measure. Add fat, pushing under water until water level stands at 1-cup mark. Pour out water and remove fat.

White flour.—Sift once. Lift lightly into cup. Level off top with spatula or straight knife.

Other flours, fine meals, fine crumbs, dried eggs, dry milks.—Stir instead of sifting. Measure like flour.

Baking powder, cornstarch, cream of tartar, spices.—Stir to loosen. Fill spoon to overflowing, level with spatula or straight knife.

Common food measures

3 teaspoons	1 tablespoon
2 tablespoons	1 fluid ounce
4 tablespoons	¼ cup
6 tablespoons	⅜ cup
8 tablespoons	½ cup
16 tablespoons	1 cup
1 cup	8 fluid ounces
2 cups	1 pint
2 pints	1 quart

Oven temperatures

Very slow	250° and 275° F.
Slow	300° and 325° F.
Moderate	350° and 375° F.
Hot	400° and 425° F.
Very hot	450° and 475° F.
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